





Different mediums used by the clubs to get the survey done – Social media (Fb & Insta),Sms shoot, what's app, email shoot.

Q2. Age of Respondents



Q.3: Gender?



Q.4: How Long you have been Exercising?



Q.7 How Important has exercising been for you before Covid-19?



Q.8 On an average how many days in a week you were exercising before lockdown?





Q10. How important is exercising for you during Covid-19?





Q12. What are you doing for your workouts during COVID-19?



Q.13 Do you think fitness plays a vital role in improving your immunity and acts as a layer of protection against diseases?



Q15. Are you missing workout at your gym?



Q16. Post-Lockdown is over, when would you want to resume your workout?



Won't Visit the gym till there is vaccine of Covid-19

Q17. If you would like to visit the gym what time would you prefer?



Q18. Mark your likelihood to take personal training to speed up your fitness journey and catch up on the lost time?



Q19. Mark your Likelihood to take group classes.



Q.20 Mark your likelihood to take online classes/online PT?



Q21. Would you be interested in taking showers post Covid-19?



Q22. If you wont visit the gym till there is a vaccine, how do you wish to continue to work on your health?



Q.23 What will be the most imp parameters you would like to see in the gym for you to start your workout again post



Q.24 What can be your reason to join gym immediately?



Analysis:

- 53.3% of the respondents falls in age group of 24-35, it indicates that we are serving to majorly to youth and being in industry of fitness the likelihood of people joining back asap is much higher which is supported by facts in other slides.
- 67% of the respondents were exercising during lockdown, 84% said that they were exercising between 1 to 4 days in lockdown, these figures indicates that respondents are more aware about importance of being fit and healthy and trying to keep their fitness regime going and beat anxiety.
- 95% respondents agreed that fitness plays a vital role in improving immunity, 98% are missing workout at the gym, 59% respondents said they would join back either immediately or within a month which is a positive sign.
- 30% respondents said they would like to workout between 5-8am , only 28% said they will visit between8am to 6pm , rest 42% from 6pm to 12 am . Clubs have to make strategy to restrict high footfall in mornings and evenings and spread it in lean hours.

Analysis Cont'd

- 38% respondents said that they would like to take PT to achieve their fitness goals and cover the lost time, respondents would prefer to exercise 1:1 and would like to have physical distancing also, they will be more focused on fitness goals.
- Regular Sanitization, Temp checking, Physical distancing, availability of proper safety gear and sanitizers is on top priority for respondents. Clubs would have to be vigilant in maintaining high standard of them.
- 70% of the respondents said that they want to resume workout so that they can resume their fitness routine interprets high level surge in awareness for fitness and fitness coming on priority for majority of people.
- Corona has made the world understand the importance of being fit and healthy, also lockdown has made people really bored and frustrated being at home. Gymming and exercises is the only healthy solution to answer these two points i.e. increase fitness and travel out of home.

