

Thank you to everyone (43 responses!) for your extremely valuable survey feedback! We have reviewed the feedback and provided some insight into the most common questions/concerns.

Things we will continue:

- ***Quality of the coaching and gym operations.*** We are very proud of how the community rated the caliber of coaching and operational excellence at CFR7. We will continue to focus on these areas to deliver the best CrossFit experience to our community!

Changes we are making:

- ***More skills/gymnastics and mobility seminars***
 - We will be offering these weekly (on Saturday) going forward. As long as attendance is good, we'll keep offering them!
- ***More social/community outings outside of the gym***
 - We have some fun events (as posted in the [events](#) section of the website) coming up and would love to do more! We also love members to come up with event ideas and help lead the events! Reach out to Addie (addison@crossfitroute7.com) with your ideas!
- ***Gym cleanliness*** - the floor and bathroom do not seem to be cleaned as well as previously
 - 100% concur with this and we are working on it. We have seen a deterioration in the quality from our janitorial staff and it is being addressed. Coach Mike is in charge of facilities management, so feel free to email him directly with concerns (mike@crossfitroute7.com), please also cc: info@crossfitroute7.com
- ***Add a CrossFit Kids Program***
 - Adding a CF kids program has been part of our growth strategy. The initial focus was to build our CrossFit program to a healthy number (ideally over 200 CF members), then to build our 7-Fit program (which we were finally able to launch in summer 2018). Currently, our focus is to continue to grow our CrossFit and 7-Fit programs and then to launch a CrossFit Masters program. Based on your desires outlined in the survey, we will test offering a monthly CrossFit Kids class (\$15/kid/class) and continue to offer it (or even expand it) based on attendance. Stay tuned for an announcement on the first CrossFit Kids class!
- ***Ensure Zen Planner is accurate with the appropriate coach***
 - At times, our coaching schedule can change every 2 weeks and sometimes Zen Planner isn't updated appropriately. We will work to do a better job of ensuring accuracy. If you notice an error, feel free to email info@crossfitroute7.com to have it updated.
- ***Better apparel***
 - The new CFR7 Virus shorts have arrived for the men (these were pre-order). They are pretty sweet!
 - We have a new CFR7 and 7-Fit t-shirt/tank design going into production that is pretty cool - we hope you like it and buy one!

- If you have a t-shirt design concept (or want to design a shirt), email info@crossfitroute7.com, we'd love to see your creativity!

Changes that we are not making (or the issue has been resolved):

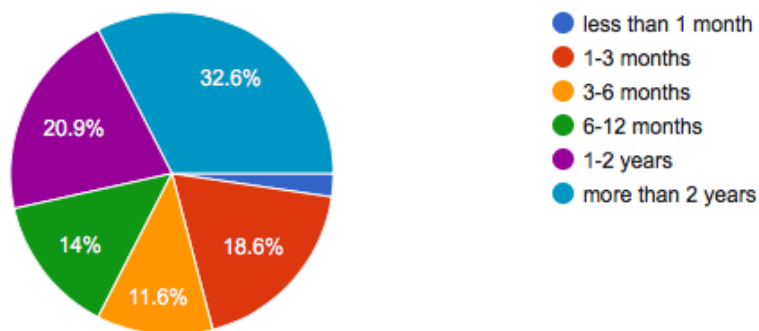
- ***Parking***
 - We have been working with the landlord to resolve the parking issue over the past few weeks. Based on their support and our new angled parking design along the building, we do not expect to encounter any more parking issues (over the last few weeks there has been plenty of parking even during our peak class times).
- ***Adjust Sunday class times earlier***
 - We posted a poll to [Seven Up FB page](#) to determine if members prefer the Sun WOD at 9am versus 10am. So far, the 10am has nearly triple the votes versus 9am, so it appears the community would prefer the 10am WOD on Sunday.
- ***Classes being overcrowded***
 - On average, we maintain a very low instructor to coach ratio. We kindly ask athletes to please reserve classes and respect the class caps. Over time, if a class has large attendance, we will add a secondary coach and increase the class cap.
- ***The gym being overcrowded***
 - Very candidly, the box is never overcrowded based on it's current size and usage/membership levels. In the past, there have been a few WODs/7-Fit classes where logistics were not managed effectively by the coaches, but we believe those issues have been resolved. The highest number of athletes at CFR7 (based on attendance data) is around 30. CFR7 is easily a large enough facility to manage 50 people working out at a time (if class logistics are handled properly). Currently, our sister box BCF regularly has 2-3 classes run simultaneously with up to 45 people working out in a smaller facility. At BCF, athletes with barbells are spaced 6 feet apart (one horse stall mat away from the other lifter) and 2 feet away from the lifter next to them. As long as barbells are properly controlled, this works fine and is not a safety issue if athletes control their barbells/equipment. As we grow the CFR7 community, we encourage athletes to get a little more comfortable lifting closer to each other and sharing barbells during strength sessions.
- ***Increase the size of the facility.***
 - This is not in the long term strategy as we have a 10 year lease on the current facility, which we believe is one of the nicest boxes in the DC area. We actually have one of the largest boxes in a high-density/urban area for the DC area.
- ***Programming***
 - 63% of the community requested we keep the current programming process in place (versus a trial of outsourcing our programming). For now, we will keep the current programming process in place. In the future, we may revisit this area.
- ***Use software to track athlete WOD scores versus recording on whiteboard***

- BJ ran a one month trial to have athletes add their scores into ZP workout tracking. At the end of the month, we had less than 15% participation and only top athletes were inputting their data. For our programming and box operations, we need the regular feedback of reviewing athlete data.
- We encourage athletes to download the MyWOD app to track their WOD performance (it is only a one time \$4.99 fee). The great thing about this app is if you move away from CFR7, you get to keep you data. When you use gym management software (Zen Planner, Wodify, etc), you lose your data when you leave that box.
- **More open gym times**
 - It is not logistically possible to offer open gym during our peak hours. We have added some open gym slots during our smaller WOD times and our coaches continue to regularly open the box for workouts during off peak hours.
- **Add a sauna**
 - Uh yeah, that'd be great. We are also working on the swimming pool. Stay tuned...
- **Get a water cooler**
 - We have one...we just refer to it as a water fountain! ;)

Interesting survey data:

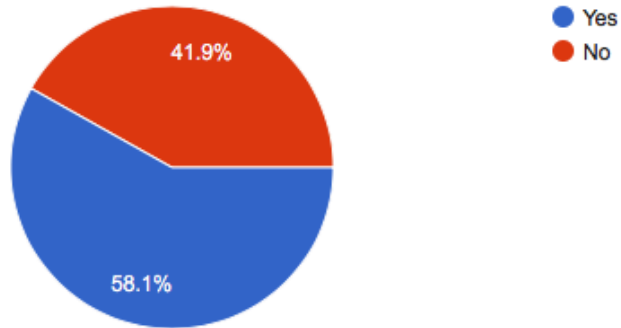
How long have you been a member at CrossFit Route 7 (CFR7)?

43 responses



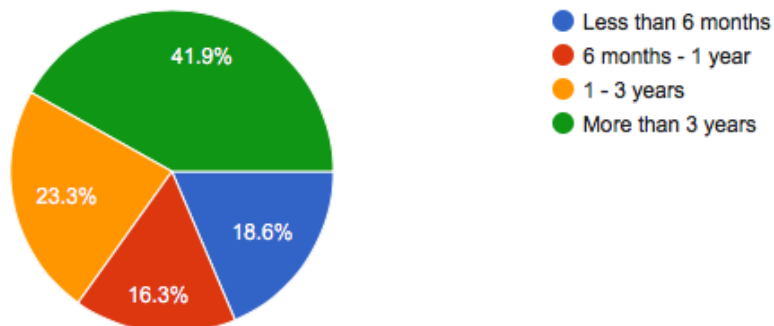
Did you CrossFit prior to joining CFR7?

43 responses



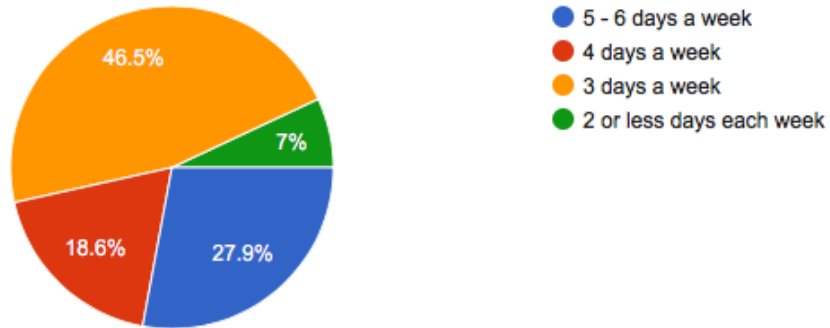
How long have you been CrossFitting (including your time at CFR7)?

43 responses



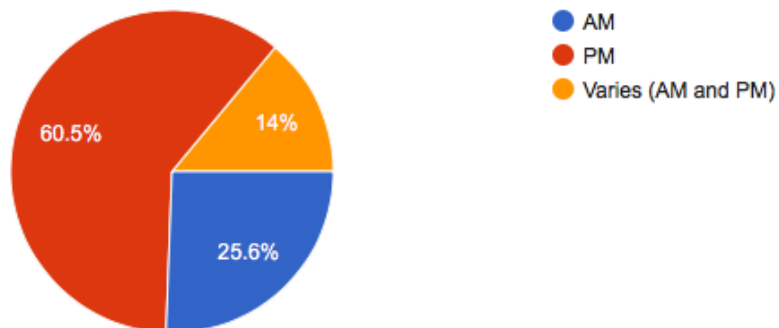
On average, how many days a week do you attend a CFR7 WOD?

43 responses



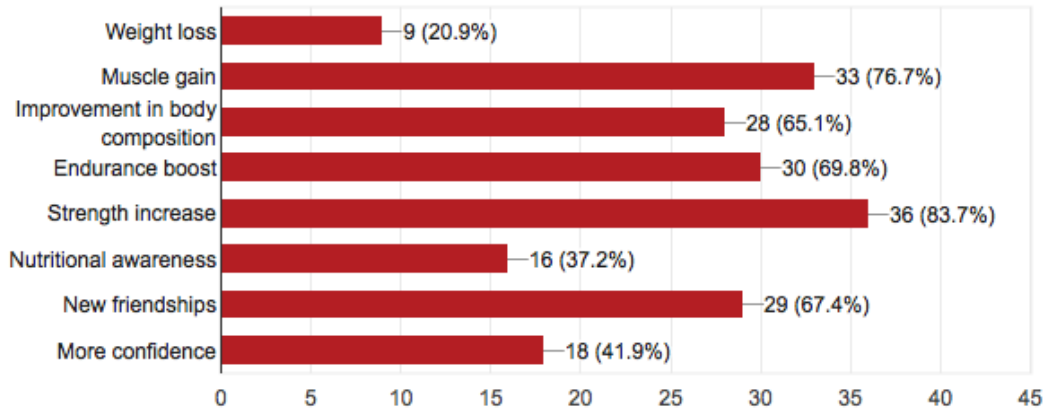
When do you typically attend WODs?

43 responses



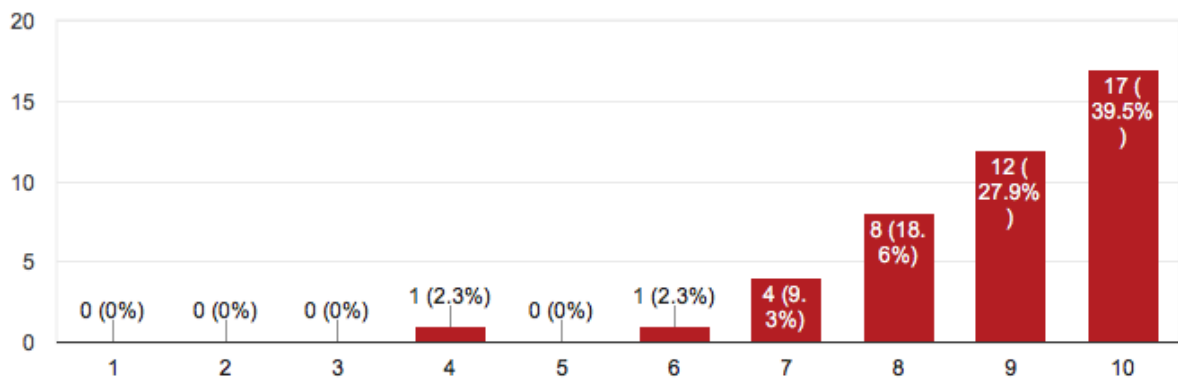
What results have you experienced from CrossFit Route 7?

43 responses



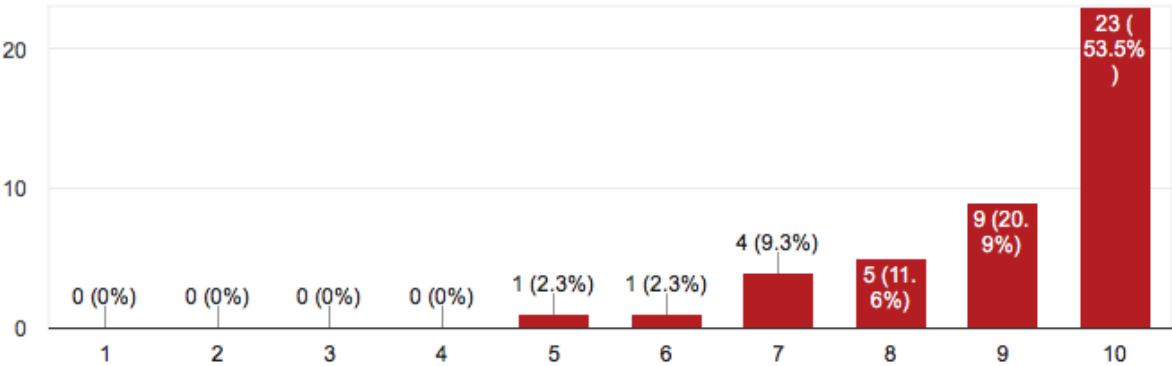
How satisfied are you with the results you've experienced at CFR7?

43 responses



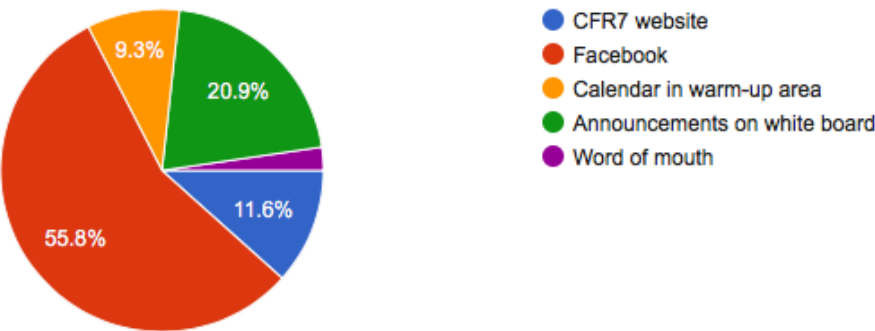
How satisfied are you with CrossFit Route 7's community?

43 responses



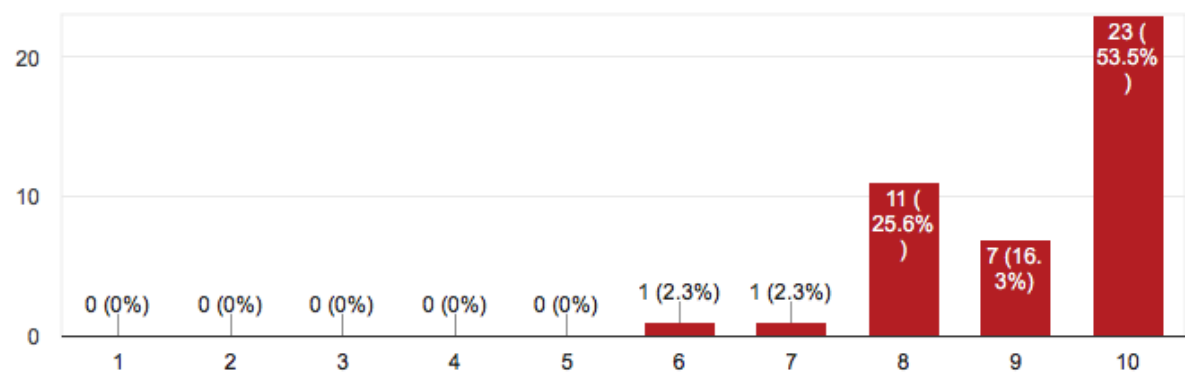
How do you primarily get information about CFR7 events and activities?

43 responses



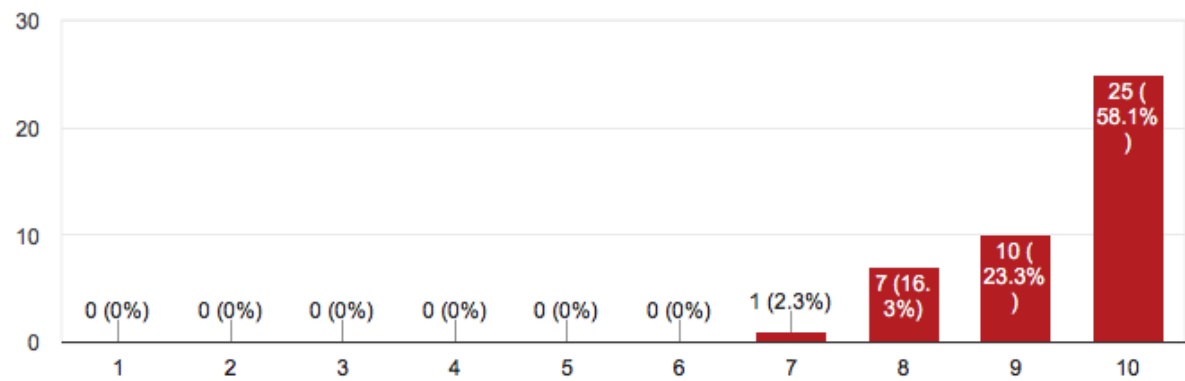
How satisfied are you with the communication/promotion of CFR7 related events and activities?

43 responses



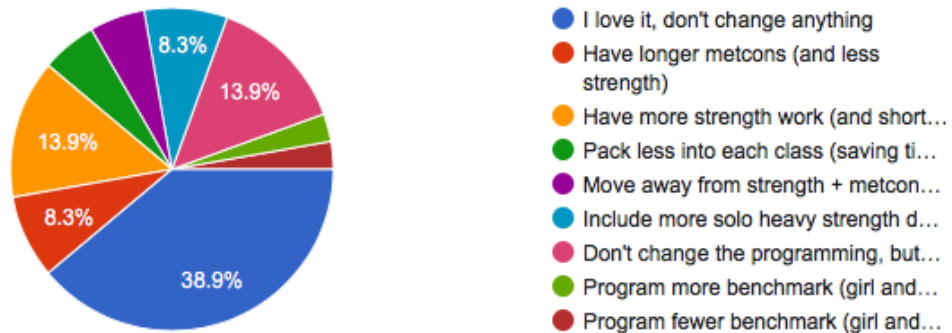
Overall, how satisfied are you with CFR7's coaching?

43 responses



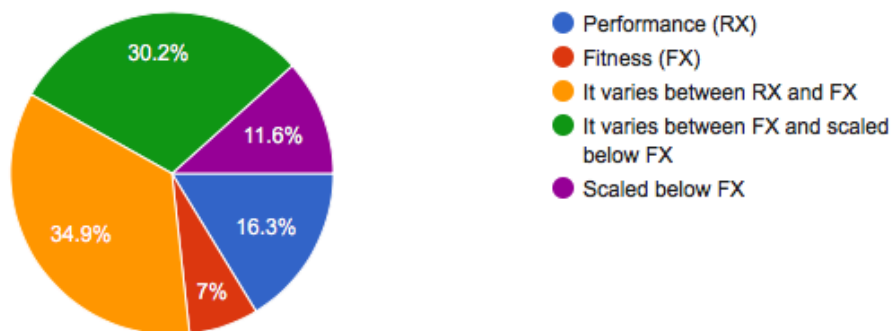
If you could change one thing about CFR7's programming, what would you change?

36 responses



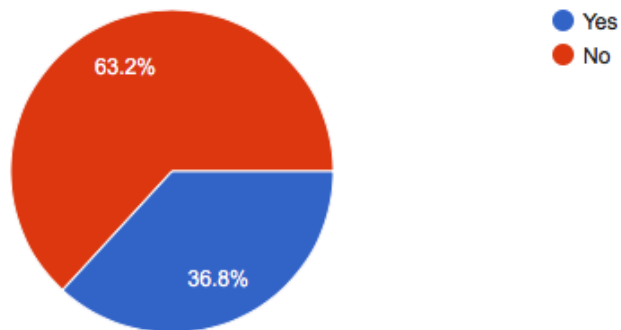
Which level of programming do you typically complete?

43 responses



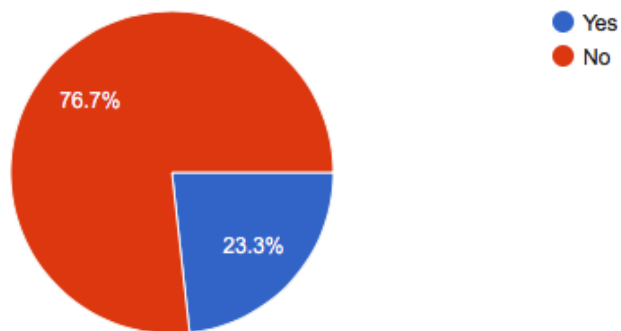
Would you like us to do a one month "trial" of outsourcing our programming in 2019? Currently our team, (BJ, Dou... approach to our current programming.

38 responses



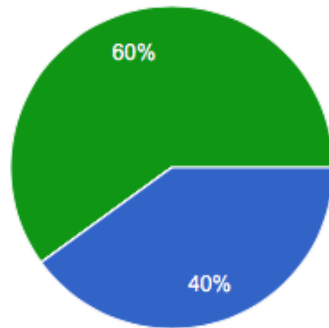
Have you attended 7-Fit class at CFR7?

43 responses



How many classes do you typically attend?

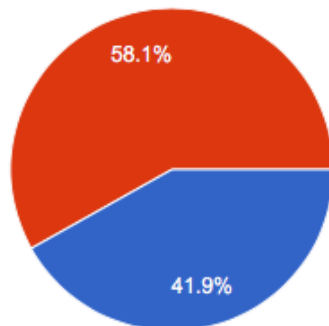
10 responses



- I've been to a few classes, but I don't attend regularly
- 1 - 3x a month
- 1 - 2x a week
- 3x or more a week

Have you attended yoga at CFR7?

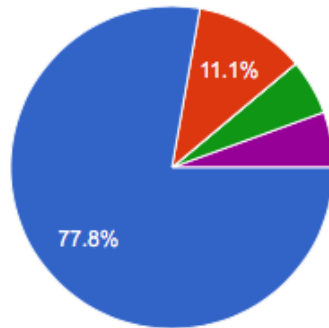
43 responses



- Yes
- No

How many classes do you typically attend each month?

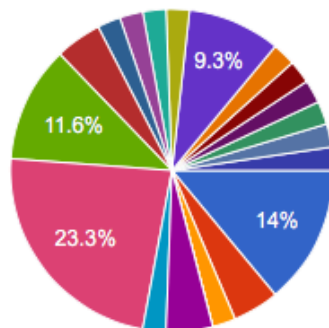
18 responses



- I've been to a few yoga classes, but I don't attend regularly
- 1x a month
- 2x a month
- 3x a month
- I love yoga and attend every week!

If you could change one thing about CrossFit Route 7, what would it be?

43 responses

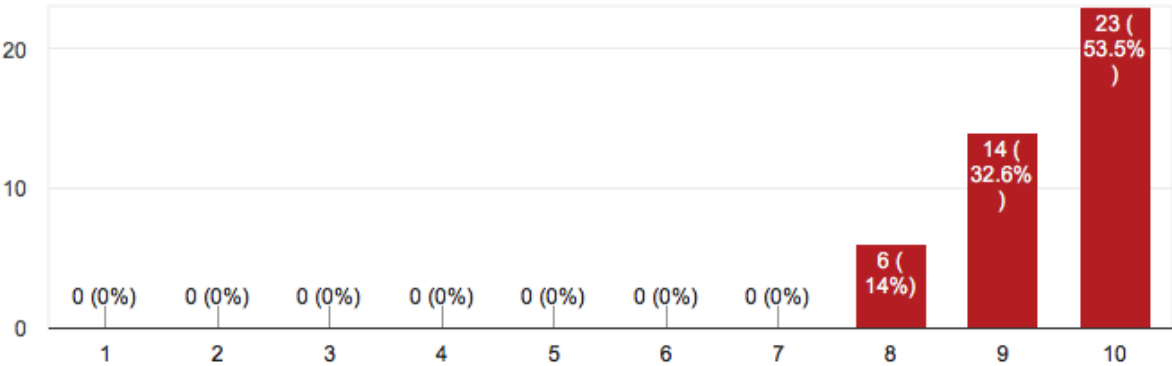


- Don't change a thing!
- More strength training
- More long metcons
- More organized socials
- More 7-Fit classes (intense cardio a...)
- More competition opportunities
- More gymnastics skills classes (spe...)
- More mobility classes (30 min mobil...)

▲ 1/3 ▼

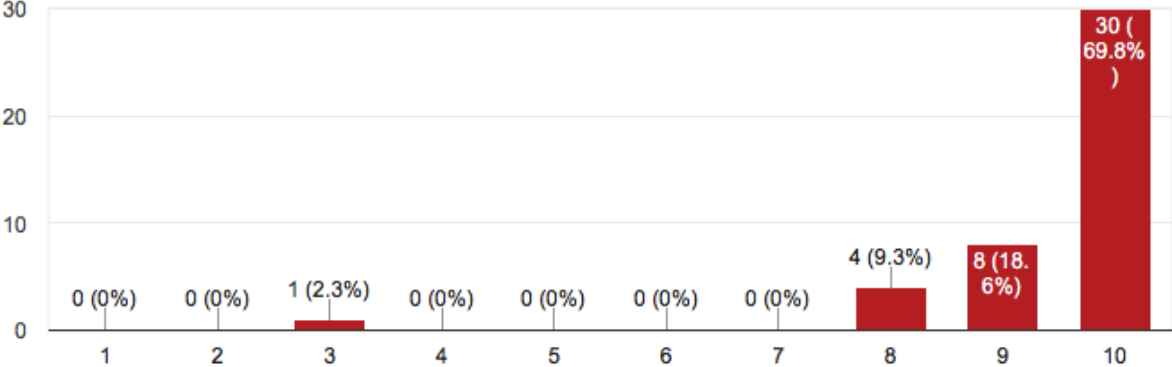
How satisfied are you with CrossFit Route 7?

43 responses



How likely are you to refer friends and family to CrossFit Route 7?

43 responses



How many friends have you brought to a free class in the last six months?

43 responses

