



Australian fitness
network

RESULTS OF NETWORKS FIRST EVER GROUP EXERCISE SURVEY

NOTE: If you wish to reproduce or quote these statistics a you must include the following statement: "Survey undertaken by Australian Fitness Network in August 2008 (www.fitnessnetwork.com.au).

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Do you work in the fitness industry:

Answer Options	Response Percent	Response Count
Full time	20.9%	60
Part time	32.1%	92
Casual	47.0%	135
Other (please specify)		14

Do you predominantly work in:

Answer Options	Response Percent	Response Count
Capital city	56.4%	163
Regional area	43.6%	126

Where do you teach most of your classes?

Answer Options	Response Percent	Response Count
Large health club or chain (over 1,000 members)	40.1%	108
Small to medium sized facility (up to 1,000 members)	46.1%	124
Community centre	9.7%	26
Church hall	1.1%	3
Outdoors	3.0%	8
Other (please specify)		45

Do you mainly teach prechoreographed or freestyle group ex programs?

Answer Options	Response Percent	Response Count
Prechoreographed	23.3%	68
Freestyle	52.1%	152
Both, equally	24.7%	72

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How many different class styles (e.g step, cycle, HiLo) do you teach?

Answer Options	Response Percent	Response Count
1	10.0%	29
2 to 4	54.3%	157
5 to 7	26.6%	77
8 to 10	7.6%	22
11+	1.4%	4

On average, how many classes do you teach per week?

Answer Options	Response Percent	Response Count
1 to 3	25.3%	73
4 to 8	40.8%	118
9 to 12	23.2%	67
13 to 15	5.5%	16
15+	5.2%	15

On average, how many participants do you typically have in your classes?

Answer Options	Response Percent	Response Count
1 to 14	41.4%	120
15 to 29	44.5%	129
30 to 44	11.0%	32
45 to 59	2.4%	7
60+	0.7%	2

On average, how much do you earn per class?

Answer Options	Response Percent	Response Count
Less than \$30	14.9%	43
\$30-39	27.7%	80
\$40-49	37.0%	107
\$50-59	12.5%	36
\$60+	8.0%	23

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Where do you mainly turn to for education/inspiration for your classes?

Answer Options	Response Percent	Response Count
Network conventions (FILEX, etc)	40.1%	101
Les Mills workshops	29.4%	74
Online resources (YouTube, etc)	13.9%	35
Other instructors' classes	16.7%	42
Other (please specify)		82

In a typical year, how many conventions/workshops/courses will you attend for education, inspiration or CECs?

Answer Options	Response Percent	Response Count
1 to 2	54.4%	155
3 to 4	35.4%	101
5 +	10.2%	29