



**Hello, my name is Kaila Hawley and I am the Community Wellness Coordinator at the Native Village of Eyak. I will be introducing some new classes, as well as exercise groups for tribal members and community members to participate in. I am very excited to get things going, and want to provide classes that people will benefit from and enjoy. Please take the time to fill out this quick survey, so that I can better meet the needs of the community.**

**What type of physical activities do you enjoy doing most, and would participate in if classes or events were made available? Please circle any activities you would participate in.**

- |                                       |                |
|---------------------------------------|----------------|
| Beginners Step Aerobics               | Yoga           |
| Intermediate/Advanced Step Aerobics   | Water Aerobics |
| Beginners Weight Training             | Volleyball     |
| Intermediate/Advanced Weight Training | Basketball     |
| Resistance Band Training              | Walking Group  |
| Kickboxing                            | Zumba          |
| Interactive Video Games               | Flag Football  |
| Soccer                                | Softball       |

**What time of day works best in your schedule? Please circle the time of day that would work best for you.**

- |                 |               |
|-----------------|---------------|
| 6:00am-7:00am   | 3:00pm-4:00pm |
| 10:00am-11:00am | 6:30pm-7:30pm |
| Noon-1:00pm     | 7:30pm-8:30pm |

**Suggestions or Comments:**

---



---

