

Porterville College
Fitness Center Pilot Program Survey
Spring 2025

In spring 2025, Porterville College opened its Fitness Center for use by employees two days per week in a pilot program. In order to evaluate that pilot program, and assess whether and how the college should proceed with employee access to the Center in the future, Interim Porterville College President Primavera Monarrez requested a brief survey of PC employees on the topic. This report provides the result of that survey.

The Office of Institutional Research created the survey, which went out via email on May 6th. The survey was left open through graduation day, May 16th and generated 59 responses. The survey instrument is provided as an appendix to this document, on page 7.

The survey had just four questions. First, we asked whether employees had used the fitness center during the pilot program, and if not, why not. Then, we asked whether the pilot program days and times worked for employees, and if not, what times would work best.

The results to the two discrete questions are below. Thirty-seven employees reported having used the fitness center during the pilot. Just over a third say that the days and times chosen for the pilot work for them, with nearly two thirds saying they would not.

1. Have you used the fitness center during the pilot program?

59 responses, 0 missing

Yes	<input type="text"/>	37 (62.71%)
No	<input type="text"/>	22 (37.29%)

3. During the pilot program, the fitness center has been open on Mondays and Wednesdays, from 3:00 PM to 7:00 PM. Has this time worked well for you? (If not, please answer question 4.)

58 responses, 1 missing

No	<input type="text"/>	37 (63.79%)
Yes	<input type="text"/>	21 (36.21%)

Next, we turn to the two open-ended questions. The full text responses to these two questions are provided verbatim below, with one redaction for protection of respondent anonymity.

For those who had not used the fitness center during the pilot program, when asked why they had not, we received 28 substantive responses, the most common of which was that the days and times available did not work for their schedules. At least 13 employees gave some version of this response. Another five found themselves too busy to make it thus far, and there were a handful of other responses given, including the pilot being offered later in the semester, and the inability to get supervisory approval for wellness time.

Lastly, we asked for suggested days and times when the fitness center should be open for employee use. For this question, we got 55 substantive responses. There was not an overwhelming consensus toward a single preferred option, but among the responses, we do see the following patterns:

- 13 respondents request Tuesdays and Thursdays.
- 10 request some version of early morning
- 8 people suggest four days per week
- Several people mention Fridays, three simply Friday in general, four Friday afternoons, and one Friday morning.
- 6 people request availability around lunchtime
- 3 people request evening availability
- 2 people suggest varying times
- 1 request for the weekend

Summary:

The fitness center pilot has proven popular and Porterville College employees would clearly like to see it continue and likely be expanded. However, there are various suggestions about days and times that would work best. Given budget constraints, it will be impossible to please all employees and difficult choices will have to be made to provide what works best for most.

2. If you have not used the fitness center, why not?

ID	Q2
1	the days and times do not work with my schedule
2	Didn't have time to go there cause of busy work schedule doing event setup and schedule can be little rough.
4	Because the pilot program was started so late in the semester, I was unable to change my schedule to make it work. I am hoping you are planning on offering it again in the Fall as I plan on taking full advantage.
5	Timing of when it was offered this semester.
7	Having the fitness center open only two days a week does not allow for consistency. I like to keep a structured schedule, and to have the gym only opened two days a week would require me to stagger my workouts at different times, and locations based on the day.
9	I have wanted to use it much more than I have ; it just hasn't fit with my schedule. 3-5:30 is often filled with meetings. Also, the showers are not available, and the center is not always the cleanest.
13	I can't fit it into my schedule
17	I couldn't use it on Wednesdays that often. Had to cover the office due to late office hours until 6:30.
19	I have not received the approval from my supervisor to take my wellness time. And if it gets approved, the days I requested due to office coverage, the fitness center will not be available to staff.
20	I work till 6:30pm on Wednesdays and Mondays do not work with my schedule at home.
28	I have been on (leave type redacted) leave
29	I have not had the time to, but look forward to doing so
35	I had a very busy schedule this semester and just never had the time to get there.
38	A lack of time, mostly. If the fitness Center had expanded hours, perhaps, I could attend then.
40	The times do not work with my schedule. I would need it open earlier in the morning or on Fridays for it to be something I can use.
42	The hours are too close to my end of shift
44	I would like to use the fitness center but the times it was open did not work for me.
45	I forgot that it's available to us. Also not sure what equipment to use or how to use it. If there was an "orientation" of some sort I would participate
47	Doesn't work with my schedule
48	Days/Times did not work for my impacted schedule
49	I have used it, but I would like to request additional days.
52	The hours are difficult for me to attend. I understand staffing the facility for everyone's availability is not conducive for all. I do hope people use it. Just this time around I am in meetings at 3:00 and then need to leave by 5:00 p.m.
54	I have no excuses... I just didn't use it. Except that maybe being a new college instructor, I felt super busy focusing on my class. Most of my free time is dedicated to work.
55	I was not able this semester.

4. What other day(s)/time(s) would be preferable for your schedule? (Please understand that options may be limited depending on budget and other factors.)

ID	Q4
1	I would like friday afternoons
2	I would like to see either 4 days a week during day time like early like 10am or 11am to open the fitness center like to see open 4 days a week 11am til 7pm. Reason is only concern M&O work shift hours either morning or nights. like to go there before shift starts or something
3	Thursdays or Fridays would be great as well.
4	I think offering it on either Tuesday or Thursday might be nice for the faculty that teach on those days.
5	Weekdays (12pm - 2pm). Lunch time would be a good time to squeeze in a quick workout. Fridays (8am -12pm)
6	It worked well but Tues/Thurs afternoons would be good too
7	Having the fitness center open only two days a week does not allow for consistency. I like to keep a structured schedule, and to have the gym only opened two days a week would require me to stagger my workouts at different times, and locations based on the day.
8	We would love to have the fitness open on Fridays or on days that are not late days as this wouldn't allow staff to go until 6:30 only allowing for a workout of 30 minutes. We really love this program and would love to see it expand!
9	Early mornings 6-9am works better with the option to use the showers.
10	It would be more beneficial for employees to have a third day option (it could still be two days only allowed to use). The workday schedule does not always allow for free time on Mondays and Wednesdays. During the semester having the gym open Fridays after work would be great.
11	The current days work perfectly for me. Since there is no other spot for general feedback, let me add that during the hotter days, it gets very warm in the fitness center and the air conditioning could use adjusting.
12	Adding a third day from 3pm-7pm would be nice in the event scheduling does not allow for going to the gym on Monday or Wednesday.
13	lunchtime or early morning before work
14	Would like the fitness center to open four days a week.
15	A third-day option, like Friday from 12 to 2 p.m., would be great. This option would give others a chance to utilize the Fitness Center. Our office has just gotten into the groove of using it, and with the heat, walking outside is limiting our mental/physical health until it is opened again. Would having the gym open during the summer to allow employees to walk indoors during the summer time an option?
16	Wednesdays when I get off early has worked. It would be nice to get a Tuesday or Thursday added. Having the fitness center as an option this semester has been convenient.
17	Had to alternate Wednesdays due to late office hours. Mondays and Thursdays would work better because Tuesday and Wednesdays all of Student Services is open until 6:30. That limits all staff on those days.

18	Tuesdays and Thursdays would be perfect if it were open Monday through Thursday. Also, if it were open during the Summer semester, it would be great, as we will be on our 10-hour schedule.
19	I think the fitness center will benefit staff if it is open Monday through Thursday late evenings, because the best time to work out is in the evenings, and there has to be office coverage at all times.
20	Tuesday, Thursday, and definitely on Friday after 12pm.
21	I think that maybe having it open on lunch or early in the morning would be great. Personally, I have used the fitness center and it has been very beneficial. Hoping for extended hours. =]
22	The Fitness Center should be open on days when staff do not have evening/late shifts, which would be on Mondays and Thursdays.
23	During busy times, I miss my approved exercise time. It would be nice if the fitness center was available MTWTh to allow flexibility due to work committees and projects.
24	If there could be time slot offered every day that would be great. Thank you so much again for making this a resource that staff can use as well. It is highly appreciated!
25	I work the late night on Wednesdays, and I don't get off until 6:30 so I am unable to use the center at all on Wednesdays, but I do go on Mondays. I wish it was either open on Thursdays when none of us work late nights or at least a little later so those of us working would still be able to go.
26	If days could be extended to Monday - Thursday and later days typically late days does not work best when we would only have 30 minutes in the fitness center
27	If possible can the fitness center be open Monday-Friday.
28	I think more people would be able to take advantage during noontime or lunchtime hours.
29	Adding a third day might be beneficial
31	I would like to see the Fitness Center open more days. I would also like to have Students allowed to use the facility.
32	Friday and weekend availability Most classified get out of work around 5-5:30.. maybe mon-thur, 6pm-8pm?
33	It would be nice if it was open after the classes are finished. I also think it would be great for students to have access.
34	MTWTh, 3 - 7 pm would be great and open during summer school.
35	I like that it's open from 3-7 since that includes the regularly workday and also the few hours after, gives some flexibility. More variety in hours would be nice, like a TR morning or early afternoon or something.
36	Having a morning slot would be nice too.
37	I would like a tuesday/thursday session
38	I'm more of a Monday - Wednesday - Friday work out schedule.
39	I really enjoy the gym and although the days work in my opinion if we would be able to add another day or earlier hours if possible since an early work out goes along way
40	6:30-7:30 am or Fridays
41	Monday and Wednesday work well for me in the spring. However, in the Fall and Winter, Wednesday is game day, so it's not ideal. Ideally FC would be available 3-4 days/week, even if it means to maybe open for a 3 hr window rather than 4. (Just a thought)
42	Tues and Thurs starting at 2:00 would be more convient.

43	Mon, Tues, Wed, Thurs, 12pm-7pm would be preferable. This would give me more flexibility to work around student appointment needs, and I would be able to attach my wellness benefit time to my lunch time to be able to spend more time in the fitness center.
44	Mon- Fri early morning and late afternoon/evening.
45	would be nice to have an option closer to lunch hours, or include Fridays 12-2 (after summer hours end)
46	It would be nice to have an option of days and different time ranges. For example, early before the first class is scheduled as well as the 3 or 4pm option. Various days to include Saturdays, during the semester when M&O are on campus and as long as it does not interfere with scheduled classes or events. I loved having access to the gym and appreciate the opportunity to work out.
47	Tues/Thurs, but I still don't know if I could make it.
48	Tuesday/Thursday - mornings
49	It would be amazing to have it open early in the morning, about 5 am, so people can work out before the start of their shift.
50	I believe the dates are fine however, if people have late days it may conflict. I believe for classified and administrators being open 30 minutes longer would be great. By the time we get off at 5:30 and are able to make it over and change we only have a short amount of time to workout. Thank you. Adding dates if possible would be fantastic.
51	Early mornings- before class, as early as possible for college staff. 3 days a week would be great also GREAT IDEA TO ALLOW STAFF TO USE THE FITNESS CENTER
52	I was wondering if there is a lunch time hour.. 11:00-1:00 or 12:00 - 1:00 p.m., I do understand about the budget. Thank you for all your efforts, it is greatly appreciated.
56	Tuesdays and Thursdays would be wonderful. Thank you.
57	Tuesdays and Thursdays.
58	The time works for me on Mondays only. Many employees in Student Services would like to use the gym on Wednesdays, but we have to work until 6:30 pm for our evening hours. Possibly, if we could do a Monday and a Thursday, that would be great.
59	Please add Tuesday and Thursday to allow staff that cover late shifts

Survey Instrument:

PORTERVILLE COLLEGE

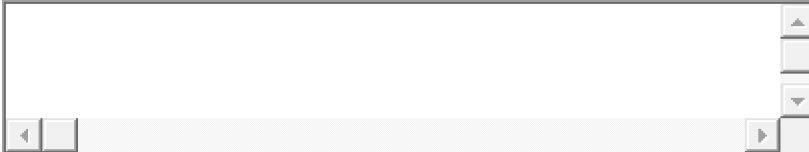
Hello Porterville College employees,

As you likely know, the college recently began a pilot program, offering access to the campus fitness center for employee use two days per week. To evaluate this pilot and help plan for the future, we'd like to hear back from you. Please reply to this survey, which is completely anonymous.

1. Have you used the fitness center during the pilot program?

- ☐ No
☐ Yes

2. If you have not used the fitness center, why not

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3. During the pilot program, the fitness center has been open on Mondays and Wednesdays, from 3:00 PM to 7:00 PM. Has this time worked well for you? (If not, please answer question 4.)

- ☐ No
☐ Yes

4. What other day(s)/time(s) would be preferable for your schedule? (Please understand that options may be limited depending on budget and other factors.)

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