Indoor cycling under the Fit Guide microscope

STANDARD	INDOOR CYCLING SCORED...	TOP PERFORMER	WORST PERFORMER
Proactive effort made to help client continue training (where no more sessions already purchased via a package)	**20.7%**	HIIT, 38.6%	Yoga, 6.7%
Coach purposefully checked if client had any injuries	**33.3%**	Barre, 77.8%	Cycling
Coach spoke to/got to know first-timers before class	**34.4%**	HIIT, 51.5%	Yoga, 29.4%
Coach used client's name during class	**35.3%**	Barre, 72.2%	Yoga, 20.6%
Staff enquired whether client had enjoyed class	**39.4%**	HIIT, 44.6%	Yoga, 18.5%
Coach made an effort to learn client's name	**41.2%**	Barre, 83.3%	Cycling
Coach followed up with first-timers after class	**41.2%**	HIIT, 56.6%	Yoga, 26.5%
Staff showed genuine interest in the client, e.g. asking questions	**42.3%**	HIIT, 56.9%	Cycling
Early arrivals proactively told where to wait	**43.8%**	HIIT, 51.5%	Pilates, 40.6%
Coach clearly introduced themselves by name to the class	**55.9%**	Barre,72.2%	Pilates, 47.1%
Coach explained upcoming class format, timings etc	**55.9%**	HIIT, 86.0%	Pilates, 32.4%
Beginners taken care of and received a good impression	**70.4%**	Pilates, 90.3%	Yoga, 57.1%
Class started on time	**73.5%**	HIIT, 81.1%	Yoga, 66.7%
Coach made an effort to meaningfully connect with everyone in class at least once	**73.5%**	Barre, 83.3%	Yoga, 47.1%
Clear alternatives given for complex moves to make class accessible to most people	**83.3%**	Barre, 100%	HIIT, 68.1%
First-timers proactively offered verbal or physical orientation/tour	**85.3%**	Cycling	Pilates, 64.7%
Stations assigned in advance or personally by the coach	**91.2%**	Cycling	Yoga, 39.4%
There was a cooldown or a clear, professional invitation to use the space to cool down	**100%**	Cycling	HIIT, 80.4%