

Q26 What is the best thing about Dignus?

Answered: 45 Skipped: 7

#	Responses	Date
1	Definitely the environment, everyone is so positive and friendly	12/22/2014 11:37 PM
2	Best coaches!! Great work out!	12/22/2014 10:16 PM
3	Everything that has already been covered- great atmosphere, programming and coaching.	12/22/2014 8:37 PM
4	The programming.	12/22/2014 3:59 PM
5	People	12/22/2014 3:52 PM
6	It's a tough workout in a good environment where everyone is supportive of each other rather than competing against each other (johns very competitive tho) haha	12/22/2014 3:38 PM
7	Workouts and seeing results. Getting stronger!	12/22/2014 9:47 AM
8	Crossfit at Dignus is an all round amazing experience. The classes are tough and really push you to your limits, the coaches are great and so encouraging and all the people really make you feel welcome and part of the team. Best place to be!	12/21/2014 9:56 PM
9	Friendly welcoming environment	12/19/2014 9:26 AM
10	Atmosphere, i love the environment you guys have created its incredibly positive and motivating	12/18/2014 9:43 AM
11	Great location for me	12/18/2014 6:03 AM
12	The community and friendly environment.	12/17/2014 10:41 PM
13	The team bonding	12/17/2014 10:20 PM
14	The coaching and programming	12/17/2014 9:54 PM
15	The environment and social aspect from both coaches and trainers - makes everyday a joy to come in and train and push your self as everyone is so encouraging	12/17/2014 9:38 PM
16	I love the support you get from the coaches amongst the awesome sweat filled workouts.	12/17/2014 9:29 PM
17	Our community	12/17/2014 9:17 PM
18	Great happy environment	12/17/2014 9:03 PM
19	Coaches (you guys of course) Community (seems to be no bitching and drama) Quality Box & Equipment (no shit, dodgy equipment) The place just screams quality and professionalism.. for a young team, you show great maturity	12/17/2014 8:53 PM
20	Hard wods	12/17/2014 8:49 PM
21	The coaches and the new friends I've made. And of course the gains :p	12/17/2014 8:22 PM
22	The people and coaches. It's really the one thing that gets me to the box when I'm knackered	12/17/2014 8:18 PM
23	The people	12/17/2014 7:51 PM
24	The supportive welcoming environment.	12/17/2014 7:27 PM
25	The great atmosphere and support	12/17/2014 7:15 PM
26	Being active with fun people	12/17/2014 6:55 PM
27	It makes me want to workout and be a better athlete and the people are great too	12/17/2014 5:53 PM
28	The fact that it motivates me to work out.	12/17/2014 5:47 PM
29	Amazing coaches always perfecting our technique to make sure we don't injure ourselves	12/17/2014 5:24 PM

30	It isn't a threatening environment full of meat heads.	12/17/2014 5:21 PM
31	Community and the passion	12/17/2014 3:55 PM
32	The people	12/17/2014 3:37 PM
33	Feel like im apart of something..everyone there is so positive. Feel like im achieving something everytime I come to a class. Everyone is friends.	12/17/2014 3:19 PM
34	The availability of supplements, variety of classes (workout and talks alike).	12/17/2014 3:17 PM
35	Christina	12/17/2014 3:13 PM
36	Nothing is ever easy	12/17/2014 2:53 PM
37	the environment and the people always feel the support and love from everyone love how we all push each other its like a little diggy family love how professional it all is as well always leave feeling like ove accomplished something massive!!	12/17/2014 2:44 PM
38	Feeling so welcome as soon as you walk in the door and the environment when you are training or even warming down. ONE BIG HAPPY FAMILY!	12/17/2014 1:57 PM
39	People, Atmosphere, workouts	12/17/2014 1:43 PM
40	The atmosphere!	12/17/2014 1:40 PM
41	Environment, coach's, Energy the team brings	12/17/2014 1:32 PM
42	The atmosphere. The fact that the coaches remember everyones name, what weights they are doing/1RM etc which shows interest in the members and makes you feel important and that you have them to share with you achievements.	12/17/2014 1:16 PM
43	The environment and atmosphere! It improves my motivation to keep pushing so much more than a regular gym does.	12/17/2014 1:08 PM
44	The People and coaches, always friendly and happy.	12/17/2014 1:04 PM
45	The friendly ans supportive nature of the coaches	12/17/2014 1:00 PM