

FITNESS CENTER ADVISORY COMMITTEE REPORT

REGULAR MEETING
WEDNESDAY, OCTOBER 8, 2014, AT 9:30 A.M.

A regular meeting of the Fitness Center Advisory Committee (FCAC) was called to order by the Chairman, Claudia Tierney, at 9:30 a.m. on Wednesday, October 8, 2014, in the Fairway Room at Creekside Clubhouse.

Present, in addition to the Chairman, were Barbara Leonard, Vice Chairman, Nancy Gracey Moschel, Secretary, Catherine S. Herdering, Virginia Lee Rapp, Sherry S. Smith, and Alice S. Lau, GRF representative and ex-officio member. Also attending were Diane C. Guilfooy, President, Geraldine Pyle, Vice President, and Mary Lou Delpesch, Director, GRF; Warren T. Salmons, CEO, Jeffrey P. Matheson, Director of Resident Services; Masha Henzel, Fitness Supervisor; and four residents.

Attendance

The report of the Committee's meeting of September 17, 2014, was accepted as presented.

Report
Approved

The Chairman reported there were 12,812 visits to the Fitness Center in September. The numbers of paid and unpaid training sessions were about equal.

Chairman's
Report

Mr. Matheson reported that the GRF Board approved the addition of staff for the front desk and for two part-time personal trainers to monitor the floor and as back-up for classes, but who will not conduct personal training sessions. He added that the GRF Board also authorized a change in fees for hour and half-hour personal training and one fee for outside instructors of classes.

2015
Budget
Update
and
Discussion
of Fees

It was suggested that the Joint Subcommittee of the Aquatics and Fitness Center Advisory Committees consider developing guidelines for guest fees, including how to handle sport tournaments with outside groups. Short term family visitors might be handled with limited free passes.

Two Committee members brought up reconsideration of one level of fees for outside class instructors, but it was suggested that the issue should be handled by the GRF Board since the 2015 budget has been passed by the Board.

Mr. Matheson announced that Ms. Henzel had completed ten years of service with the Golden Rain Foundation. She was congratulated by all in attendance.

Announce-
ment

Ms. Henzel reported that all equipment is operating and that weekly maintenance is helping. She also reported that there is now a whole body vibration unit that was obtained without cost. Some TVs are not working properly, but this is being investigated.

Staff
Report

Ms. Leonard reported that an article about early day activities has been submitted to the Rossmoor News for publication, as well as one on staff uniforms.

Publicity
Subcom-
mittee/
Residents'
Forum

During the Residents' Forum, Jo Jones noted that the Del Valle Pool follows the same age requirement as the Fitness Center.

Members of the Joint Subcommittee of the Aquatics and Fitness Center Advisory Committees will meet next Tuesday, October 14, 2014. Topics for discussion could be lockers and locker rooms, guest fees, controlled access, ventilation, and solar power.

Joint
Subcom-
mittee
Meeting

The Committee discussed and commented on the draft of the personal trainer survey.

Discussion
of and
Motion re.
Personal
Trainer
Survey

A motion was made by Ms. Smith and seconded by Ms. Rapp to direct staff to finalize the draft and begin conducting the survey. A vote on the motion was taken, and the motion CARRIED UNANIMOUSLY.

Mr. Matheson said that in the cardio equipment sign-up books, the equipment is identified by name, number, and picture.

A motion was made by Ms. Leonard and seconded by Ms. Smith to continue with the present Cardio Sign-up Guidelines. A vote on the motion was taken, and the motion CARRIED UNANIMOUSLY.

Motion re.
Cardio
Sign Up
Books

The Committee reviewed the proposed RFP for consultant services to complete an evaluation of the operation of the Sports and Fitness Center at the Del Valle Clubhouse that the GRF Board will consider issuing later this year. No substantive suggestions were made.

RFP
Review

The next regular meeting of the Committee will be on Wednesday, November 12, 2014, at 9:30 a.m. in the Board Room at Gateway Complex.

Next Mtg.
11/12/14

The meeting was adjourned at 10:23 a.m.

Adjourn-
ment



Claudia Tierney, Chairman
Fitness Center Advisory Committee