

FITNESS CENTER ADVISORY COMMITTEE REPORT

REGULAR MEETING
WEDNESDAY, MAY 14, 2014, AT 9:30 A.M.

A regular meeting of the Fitness Center Advisory Committee (FCAC) was called to order by the Chairman, Carol A. Green, at 9:30 a.m. on Wednesday, May 14, 2014, in the Board Room at Gateway Complex.

Present, in addition to the Chairman, were Barbara Leonard, Vice Chairman, Attendance
Nancy Gracey Moschel, Secretary, Carl W. Brown, Catherine S. Herdering,
Charlotte (Char) A. Howard, and Claudia Tierney. Also attending were Diane C.
Guilfoy, President, Geraldine Pyle, Vice President, Barbara S. Jordan, Secretary,
and Melvin N. Wall, Directors, GRF; Patricia M. Zuker, Chairman, Del Valle Fitness
Center Upgrade Ad Hoc Task Force; Warren T. Salmons, CEO, Jeffrey P.
Matheson, Director of Resident Services; Masha Henzel, Fitness Supervisor; and
two residents.

A motion was made by Ms. Leonard, seconded by Mr. Brown, and
CARRIED UNANIMOUSLY, to accept the report of the Committee's
meeting of April 9, 2014, as amended, to include a statement in the
Residents' Forum: "A GRF Board member expressed concerns about
safety in the Fitness Center".

Report
Approved
as Amended

The Chairman reported that during April 2014, there were 12,983 visits to the
Fitness Center, including 364 visits by guests and 78 visits by caregivers, 1,839 in
the Aerobics Room, 1,799 in the Shasta Room and 384 in the Sierra Room. There
were 1,057 attendees to pool classes lead by Fitness Center staff.

Chairman's
Report

The Publicity Subcommittee reported it is completing articles for the Rossmoor
News including articles on the Wall of Fame and coupon financial information
related to the Fitness Center.

Subcom-
mittee
Report

Ms. Zuker updated the Committee on the work of the Del Valle Fitness Center Ad
Hoc Task Force. There were 1,581 completed questionnaires. The Task Force's
final report will be given at the May GRF Board meeting

Del Valle
Task Force
Update

One resident suggested that the posting of rules be resumed. It was noted that
new users receive a copy of the rules. A GRF Board member suggested that the
ladies dressing rooms needed better cleaning. Another resident suggested that the
Fitness Center concentrate on expanding cardio services and that the current
treadmills are not as informative as old ones. It was noted that design is the
manufacturer's decision. A Committee member reported comments from other
residents including that no one should wear fragrances, desks should not face the
wall, and the Delta and Sierra rooms have a moldy smell.

Residents'
Forum

A lengthy discussion was held on the level of training staff and how it should be utilized, including to monitor safety.

Staff
Training
Levels

A motion was made by Ms. Moschel, seconded by Mr. Brown, and CARRIED UNANIMOUSLY, to request staff to provide a schedule of when any trainer would be available for floor monitoring with the idea that this could be posted at the Fitness Center and in the Rossmoor News.

The discussion regarding trainer assignments and safety will continue at the June meeting when the results of the recent Ad Hock Task Force questionnaire are available.

Ms. Moschel suggested that the Committee work on increasing volunteers at the Fitness Center by producing some articles that explain the benefits of volunteering.

Volunteer
Recruiting

The next regular meeting of the Committee will be on Wednesday, June 11, 2014, at 9:30 a.m. in the Board Room at Gateway Complex.

Next Mtg.
6/11/14

The meeting was adjourned at 10:50 a.m.

Adjourn-
ment

Carol A. Green KV
Carol A. Green, Chairman
Fitness Center Advisory Committee

NGM/kv
Attachment: Fitness Statistics