

FITNESS CENTER ADVISORY COMMITTEE REPORT

REGULAR MEETING

WEDNESDAY, SEPTEMBER 17, 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, September 17, 2014, in the Board Room at Gateway Complex.

Present, in addition to the Chairman, were Barbara Leonard, Vice Chairman, Attendance
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, and Mary Lou Delpech, Director, GRF; Warren T. Salmons, CEO, Jeffrey P. Matheson, Director of Resident Services; Masha Henzel, Fitness Supervisor; and eight residents.

The report of the Committee's meeting of August 11, 2014, was accepted as Report
presented. Approved

The Chairman asked that everyone make an effort to learn and to refer to the Announce-
Fitness Center staff by their appropriate title, such as Supervisor, Front Desk ments
Coordinator, Activities Coordinator, etc.

The Committee mailboxes will be returned to the Administrative Office in Gateway Committee
Complex. Mailboxes

Ms. Henzel, Fitness Supervisor, announced that the new trainer uniforms were Staff
delivered and being worn by the Fitness Center staff. She also reported that all Report
equipment is operating.

Ms. Leonard reported that two articles had been published in the Rossmoor News Publicity
about the 50th Anniversary activities at the Fitness Center and late day activities. Subcom-
Another article about early day activities has been submitted for publication. mittee

During Residents' Forum, Patricia M. Zuker expressed her concern that more Residents'
California firms should receive the RFQ. Jiayi Zhou gave several suggestions he Forum
felt should be considered for improving the Fitness Center access and space. Nazli Monahan said there was poor ventilation in the Shasta Room; she also suggested using numbers for the cardio machine sign ups instead of names.

A motion was made by Ms. Smith and seconded by Ms. Leonard to Motion Re.
discuss changing the cardio sign up books to reference equipment by Cardio
numbers instead of names at the October Committee meeting. Sign Up
Following discussion, a vote on the motion was taken and the motion Books
CARRIED UNANIMOUSLY.

The Chairman reported that during August 2014 there were 13,821 visits to the Fitness Center, including 405 guests and 115 caregivers. Chairman's Report

Members of the FCAC who will participate in the Ad Hoc Joint Subcommittee of the Aquatics and Fitness Center Advisory Committees to consider items of mutual interest are Ms. Herdering, Ms. Rapp, and the Chairman. Joint Subcommittee


The proposed survey of residents using personal trainers was discussed. Staff will revise the draft survey for Committee review next month. Personal Trainer Survey/

Several suggestions were offered regarding the language of the RFQ that will be considered by the GRF Board at its September meeting. It was noted that several additional suggestions for consultants to receive the RFQ have been obtained. RFQ Discussion

Mr. Matheson reviewed the report on access control for the Del Valle Clubhouse. It is a topic that is appropriate for the new Ad Hoc Joint Subcommittee of the Aquatics and Fitness Center Advisory Committees. It was noted that it is important to fully implement the ActiveNet reservation system now. Del Valle Access Control

The next regular meeting of the Committee will be on Wednesday, October 8, 2014, at 9:30 a.m. in the Fairway Room at Creekside Clubhouse. Next Mtg. 10/8/14

The meeting was adjourned at 10:46 a.m. Adjournment



Claudia Tierney, Chairman PJ
Fitness Center Advisory Committee

NGM/kv
Attachment: Fitness Statistics