

FITNESS CENTER ADVISORY COMMITTEE REPORT

REGULAR MEETING

WEDNESDAY, OCTOBER 21, 2015, 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 21, 2015, in the Fairway Room at Creekside Clubhouse.

Present, in addition to the Chairman, were Barbara Leonard, Vice Chairman, Catherine S. Herdering, Virginia Lee Rapp, and Melvin C. Fredlund, GRF Board representative and ex-officio member. Carol A. Green and Sherry S. Smith were excused. Edson L. Montgomery was absent. Also attending were Mary Lou Delpech, Secretary, and Geraldine Pyle, Director, GRF; Jeffrey P. Matheson, Director of Resident Services; and one resident.

Attendance

The report of the Committee's regular meeting of August 12, 2015, as well as the report of the special joint meeting of the FCAC and Aquatics Advisory Committee (AAC) held on August 19, 2015, were approved as presented.

Reports
Approved

The Chairman reported that there were 14,200 visits to the Fitness Center in August. September attendance is still being compiled due to the complication of adding up the mix of sign-in visits and log-ins for the new key tag system. Mr. Matheson reported that staff is becoming accustomed to the new system. With the new system, the number of unique visits, as opposed to a simple count of total visits, should be available in November.

Chairman's
Report

Mr. Matheson reported that all equipment is working well.

Staff
Report/
Del Valle
Renovation
Update

Mr. Matheson then reported that after many meetings, presentations, and forums, and in consultation with The Sports Management team, the Del Valle Complex renovation project has evolved into a hybrid "A+" proposal. The GRF Board will discuss ways to move forward at future Board meetings. No action is expected until the new year. Ms. Rapp commended Mr. Matheson for his skill and dedication in explaining the design proposals and soliciting resident ideas and reactions.

Mr. Matheson presented a chart comparing the number of personal training sessions in 2014 to those in 2015, after the fee increase proposed by the FCAC and approved by the GRF Board went into effect. There is little change in numbers, indicating that the fee change did not greatly impact residents who use personal training. The financial benefit to GRF has not been calculated yet, but it will be greater than last year. Mr. Matheson also noted that less than half the trainers' time is taken up with personal sessions.

Personal
Training

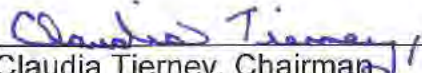
To date, the Fitness Center has issued 769 key tags to residents. The application process entails updating personal and medical information, a great benefit in emergency situations and for trainers assisting residents. Key tags will eventually phase out the sign-in system. Pool registration still needs to be worked out, and may require a log-in device at the pool entrance until renovation consolidates entry into one location. Caregivers are manually registered. Key Tag Update

Ms. Rapp, a member of the Publicity Subcommittee, proposed an article for the Rossmoor News describing the ease of registering for and using the new key tag system. This will raise residents' awareness and encourage them to engage in the process. News Article

The meeting was adjourned at 10:00 a.m.

Adjourn-
ment/
Next Mtg.
11/12/15

The next regular meeting of the FCAC will be held on Thursday, November 12, 2015, at 9:30 a.m., a change due to the November 11th Veterans Day holiday, which is a GRF holiday. The meeting location will be announced.



Claudia Tierney, Chairman
Fitness Center Advisory Committee

CSH/kv

Attachment: Fitness Center Statistics