

## FITNESS CENTER ADVISORY COMMITTEE REPORT

### REGULAR MEETING

WEDNESDAY, MARCH 9, 2016, 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, March 9, 2016, in the Board Room at Gateway Complex.

Present, in addition to the Chairman, were Barbara Leonard, Vice Chairman, Sherry S. Smith, Secretary, Catherine S. Herdering, Edson L. Montgomery, and Melvin C. Fredlund, GRF Board representative and ex-officio member. Carol A. Green was absent. Virginia Lee Rapp was excused. Also attending were Mary Lou Delpech, Secretary, and Geraldine Pyle, Director, GRF; Timothy O'Keefe, CEO; Jeffrey P. Matheson, Director of Resident Services; Masha Henzel, Fitness Supervisor; David Petta, Principal, ELS Architecture and Urban Design (ELS); Lauren Livingston, Principal, The Sports Management Group (TSMG); Scarlet Entwistle, Intermediate Designer, ELS; and three residents. Attendance

The report of the Committee's regular meeting of February 10, 2016, was approved as presented with one correction. Report Approved

The Chairman reported that there were 15,087 visits to the Fitness Center in February. Chairman's Report

Ms. Henzel reported that all equipment is in good working order. Ms. Smith withdrew her motion of February 10, 2016, to request that the GRF purchase a new treadmill suitable for running, given that the treadmill that was waiting for parts is now repaired. Staff Report

Mr. Petta presented initial design plans for the Del Valle Complex renovation. Committee members reviewed the plans and provided feedback. Ms. Livingston discussed plans for promotion and publicity of the renovation. She presented a logo to brand the project for the purpose of bringing attention and good will to it. She is working with Maureen O'Rourke, Rossmoor News Editor, to develop a web site specific to the renovation. There will be an open house for the Rossmoor community on April 5, 2016, from 4:00 p.m. to 7:00 p.m., at the Del Valle Complex, to introduce residents to the designs and renovation process. The theme will be "New Us, New You". Del Valle Design Plans Presented

Mr. Matheson provided an update from the joint FCAC and AAC (Aquatics Advisory Committee) Subcommittee regarding guest fees for the Del Valle Complex. A goal is to identify as many variables as possible. The Subcommittee members will also be contacting other retirement communities for information on how those communities handle guest fees. Ms. Tierney acknowledged that this is a very complex project. Update on FCAC & AAC Subcommittee

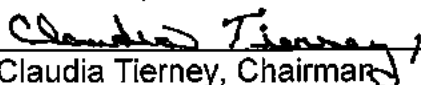
Mr. Montgomery asked for feedback on the handout he provided last month outlining the various sports and activities in Rossmoor where participants could benefit from exercises and classes taught at the Del Valle Complex. Ms. Henzel suggested the possibility of a quarterly newsletter. Articles in the Rossmoor News were also suggested. Ms. Delpech mentioned that there is a group for physically challenged golfers being taught at the golf course, with plans to consult with Ms. Henzel and other Fitness Center staff regarding a specific fitness program.

Handout  
Re. Sports  
& Activities  
In Rossmoor

The Chairman adjourned the meeting at 10:45 a.m.

Adjourn-  
ment/  
Next Mtg.  
4/13/16

The next regular meeting of the FCAC will be held on Wednesday, April 13, 2016, at 9:30 a.m. in the Fairway Room at Creekside Complex.

  
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Claudia Tierney, Chairwoman  
Fitness Center Advisory Committee

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Attachment: Fitness Center Statistics