

AGENDA

FITNESS CENTER ADVISORY COMMITTEE

REGULAR MEETING WEDNESDAY, MARCH 8, 2017 AT 9:30 A.M. **BOARD ROOM AT GATEWAY COMPLEX**

1. MEETING CALLED TO ORDER: Claudia Tierney, Chairman
2. ROLL CALL: Tierney, Herdering, Smith, Green, Howard, Leonard, Rapp and Fredlund, ex-officio member
3. APPROVAL OF REPORT OF FEBRUARY 8, 2017 (Attachment)
4. CHAIRMAN'S REPORT
 - a. Monthly attendance reports for February 2017 (Hand-out at meeting)
5. CORRESPONDENCE AND ANNOUNCEMENTS
6. STAFF REPORTS
 - a. Equipment repair and maintenance
 - b. Special programs report
7. SUB-COMMITTEE REPORTS
8. RESIDENTS' FORUM

FCAC will follow Rossmoor custom and limit comments to 3 minutes.
9. UNFINISHED BUSINESS
 - a. Update regarding the Fitness Center Remodel Project.
 - b. Discussion regarding guidelines for use of certain cardio equipment. (Attachment)
10. NEW BUSINESS
 - a. Discussion regarding the potential renaming of the Del Valle Complex and the interior rooms. (Attachment)
11. ADJOURNMENT
12. NEXT MEETING: Wednesday, April 12, 2017, at 9:30 a.m. in the Fairway Room at Creekside Clubhouse

CT/kv

cc: GRF Board

FITNESS CENTER ADVISORY COMMITTEE REPORT

REGULAR MEETING

WEDNESDAY, FEBRUARY 8, 2017, 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, February 8, 2017, in the Board Room at Gateway Complex.

Present, in addition to the Chairman, were Catherine S. Herdering, Vice Chairman, Attendance Sherry S. Smith, Secretary, Carol A. Green, Charlotte A. Howard, Barbara Leonard, Virginia Lee Rapp, and Melvin C. Fredlund, GRF representative and ex-officio member. Also attending were Leslie Birdsall, President, and Mary Lou Delpech, Secretary, GRF; Timothy O'Keefe, CEO; Jeffrey P. Matheson, Director of Resident Services; Masha Henzel, Fitness Supervisor; and one resident.

The report of the Committee's regular meeting of January 11, 2017, was approved Report as written. Approved

The Chairman reported that there were 15,368 visits to the Fitness Center for Chairman's January 2017. There were almost 21,000 visits to the whole facility, 4,698 Report memberships, 1,944 unique scans, and 1,185 sign-ins.

Ms. Henzel reported that two treadmills were down and would not be replaced Staff before completion of the Del Valle Complex Renovation Project. Report

Mr. Matheson presented an update on the Del Valle Complex Renovation Project, Update on including handouts showing examples of how the layout might look. Three bids Del Valle arrived Monday, February 6, 2017, and all came in under budget. The bids and Complex financing options will be discussed at a special Finance Committee meeting on Renovation Friday, February 10th, at 9:00 a.m. in the Club Room at Creekside Complex. With Project the advice of staff and the Finance Committee, the GRF Board will be asked to award a contract at its mid-month meeting on Tuesday, February 14th, at 9:00 a.m. in Peacock Hall.

A contract with the company supplying the modular buildings for the temporary Temporary Fitness Center will need to be signed and City permits will need to be obtained Fitness before the modular buildings can be installed. Mr. Matheson estimated that the Facilities community will be without a fitness facility for approximately three weeks during the transition. Del Valle pools will need to be closed sporadically due to power interruption, construction delivery, etc. He pointed out that the Dollar and Hillside pools are scheduled to reopen March 1st. All information will be available on the Fitness Center website, which is currently being updated.

Fitness Center Advisory Committee
Regular Meeting

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February 8, 2017

There was minimal discussion regarding an amendment to the Fitness Center rules and Pool rules to lower the minimum age for guests from eighteen to sixteen. Mr. Matheson pointed out that any motion will be conditional in that the Aquatics Advisory Committee (AAC) will also need to vote on a proposed amendment.

Amendment
to Fitness
Center
Rules and
Conditional
Motion to
Lower
Minimum
Age

Following discussion, a motion was made by Ms. Smith and seconded by Ms. Rapp to recommend to the GRF Board that the minimum age for guests to the Fitness Center be lowered from eighteen to sixteen, conditional upon the AAC approving a similar amendment to the pool rules. The vote on the motion was taken, and the motion CARRIED UNANIMOUSLY.

Per the suggestion of Ms. Green, should the amendment be adopted, it would not take effect until completion of the Del Valle Renovation Project.

The Chairman adjourned the meeting at 10:30 a.m.

Adjourn-
ment/
Next Mtg.
3/8/17

The next regular meeting of the FCAC will be held on Wednesday, March 8, 2017, at 9:30 a.m. in the Board Room at Gateway Complex.



Claudia Tierney, Chairman PJ
Fitness Center Advisory Committee

SSS/kv

Attachment: Fitness Center Statistics

Agenda Item: 9b
Subject: Guidelines for Use of Cardio
Equipment
Meeting Date: March 8, 2017

**SUMMARY REPORT
GOLDEN RAIN FOUNDATION
FITNESS CENTER ADVISORY COMMITTEE**

REPORT PREPARED BY:

Jeff Matheson, Resident Services Director

REQUESTED ACTION/RECOMMENDATION:

Consider revisions to the guidelines for use of cardio equipment.

BACKGROUND:

Due to the limited number of cardio machines the staff and FCAC has devised a list of guidelines for use. The guidelines are intended to help provide a means for all interested users to have equal access to the machines. Currently, there are sign-up binders located at the front counter for residents to sign-up to use certain cardio equipment. Residents must sign-up and indicate the time prior to getting on the designated equipment. If the equipment is in use then the sign-up sheet serves as a waiting list.

The guidelines were initially implemented to try and resolve conflict between users. Unfortunately, the experience has been that the sign-in requirement has proven to be burdensome and has not aided in resolving conflict. Instead the experience is that most conflicts arise due to the sign-up guidelines. At this time, staff is recommending the guidelines be modified as shown in the attachment. The guidelines would still limit use to 30 minutes when another resident is waiting. Access to the cardio equipment would be on a first-come first-served basis only. Sign-ups would no longer be required.

As the fitness program moves into the modular buildings the staff will not have the same coverage of the fitness floor from the check-in desk. This will make it more difficult to oversee the sign-in process. Staff believes this is a good opportunity to modify the process to see if going without sign-in books will work.

ALTERNATIVES/OPTIONS:

- The Committee can eliminate the sign-in process altogether as recommended.
- The Committee can decide to keep the current guidelines.
- The Committee can modify the guidelines further.

ATTACHMENT:

- Redline version of Guidelines for use of cardio equipment showing recommended changes

Procedure for use of Cardio Equipment at the Rossmoor Fitness Center

Operation and use of The Fitness Center is governed by rules adopted by the Golden Rain Foundation Board. The rules for the fitness center recognize that various pieces of cardio equipment may be impacted during certain times of the day with residents and their guests wanting to use the machines. According to the adopted rules, use of the cardio machines is restricted to 30 minutes when someone is waiting. Fitness center staff has implemented the following procedure for ~~scheduling~~ use of the cardio machines. Failure to follow the guidelines may result in loss of use privileges for the cardio equipment.

Use Guidelines:

- ~~1. User must sign up on the list to use any piece of cardio equipment (whether or not the equipment is in use). If there is a name on the wait list, then sign your name on the next available line. Please indicate date and time you sign and the time you begin your workout in the proper columns. Failure to sign in will result in relinquishing the equipment to person signed in.~~
1. Use of Cardio equipment is limited to 30 minutes when someone is waiting. Users must relinquish use of equipment to waiting members at the conclusion of 30 continuous minutes of use.
- ~~2. If signed in person does not take use of equipment within 5 minutes of its availability, that person forfeits use. And next signee may then use the equipment. Once 30 minutes is up the person on the machine must vacate.~~
- ~~3.2. The current user vacating may not use the machine for the next consecutive 30 minutes unless there are no other names on the list members waiting. User must re-sign to use equipment for another 30 minutes.~~
- 4.3. Under **no** circumstances may a user leave a treadmill running while not actively using that treadmill.

Agenda Item: 10a
Subject: Naming of the Del Valle
Complex
Meeting Date: March 8, 2017

**SUMMARY REPORT
GOLDEN RAIN FOUNDATION
FITNESS CENTER ADVISORY COMMITTEE**

REPORT PREPARED BY:

Jeff Matheson, Resident Services Director

REQUESTED ACTION/RECOMMENDATION:

Discussion regarding the possible renaming of the Del Valle Complex and the rooms inside the facility.

BACKGROUND:

As the Del Valle Clubhouse is renovated it provides an opportunity to consider the naming of the facility and the interior rooms. The Clubhouse previously served different functions including dinner/dances, concerts, meeting spaces, etc. With the renovation the Clubhouse will only serve fitness which includes aquatics. The name should identify the function of the facility.

Currently, the interior rooms either have no name except Multi-Use Room A and Multi-Use Room B, or the name does little to describe the room's function (Sierra Room and Shasta Room). The interior rooms should describe the room's function and follow a theme.

It is important to decide on names for the building and interior rooms prior to completion of the building. It is difficult to change names once the facility is in use. Also, the renovation will include new signage which should be added before the facility is open.

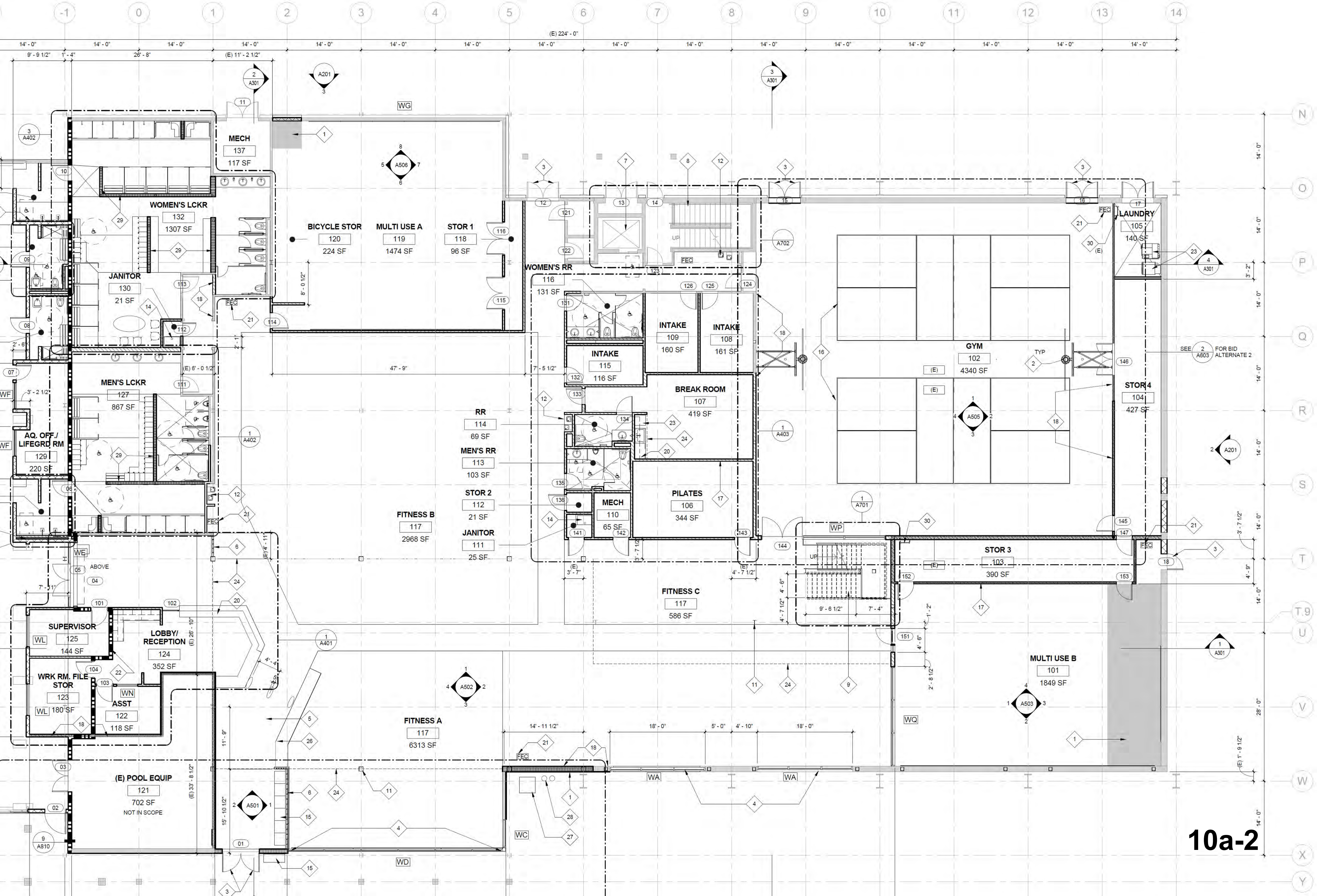
Deciding on names of the facility will be at the discretion of the GRF Board; however, the FCAC can provide recommendations regarding a process to decide on names.

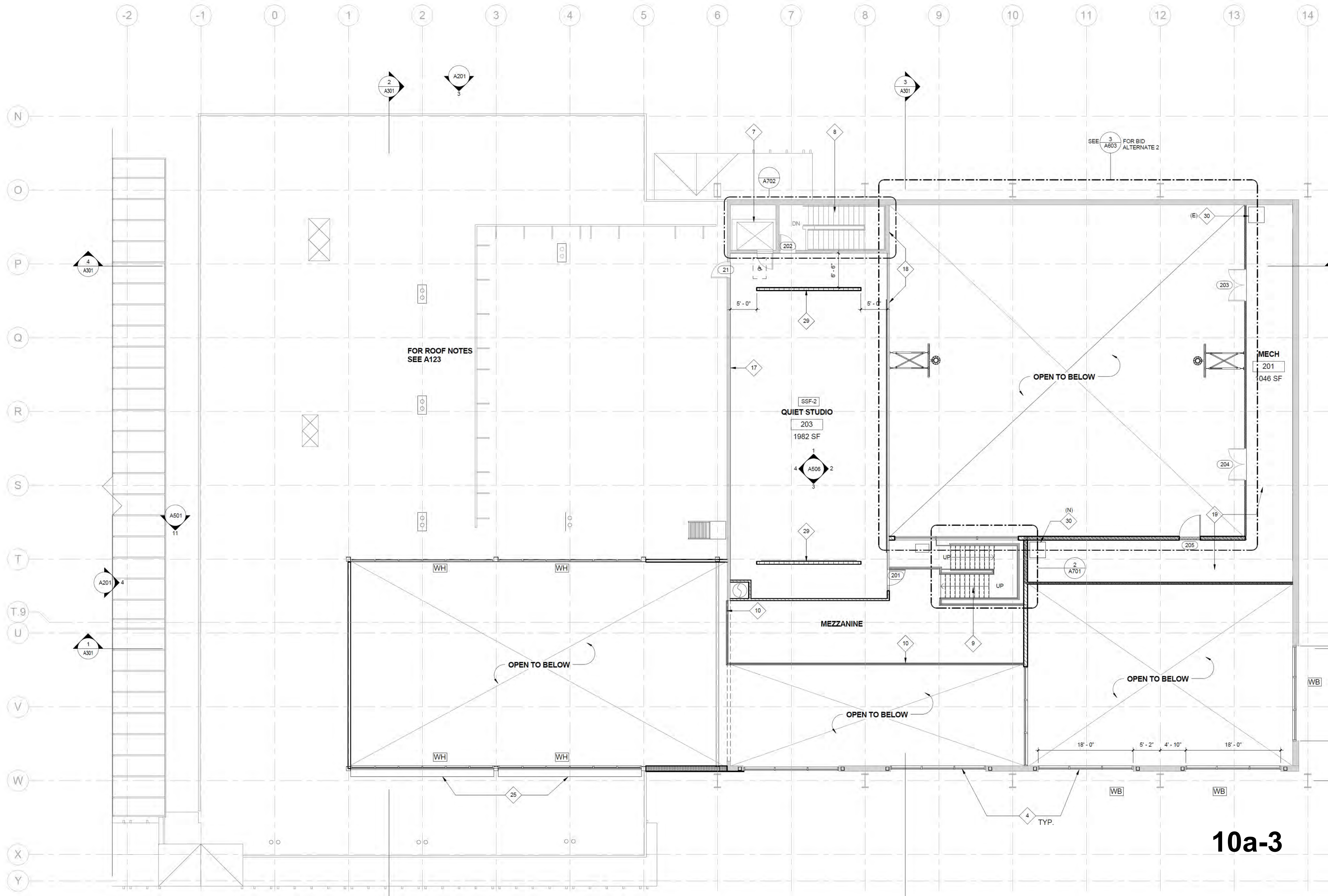
ALTERNATIVES/OPTIONS:

- The Committee can discuss options for a process to rename the facility and interior rooms.

ATTACHMENT:

Floor plans for renovated facility





FOR ROOF NOTES
SEE A123

SEE 3
A603 FOR BID
ALTERNATE 2

SSSF-2
QUIET STUDIO
203
1982 SF

MECH
201
1046 SF

MEZZANINE

OPEN TO BELOW

OPEN TO BELOW

OPEN TO BELOW

OPEN TO BELOW

4 TYP.

10a-3