

## FITNESS CENTER ADVISORY COMMITTEE REPORT

### REGULAR MEETING WEDNESDAY, MARCH 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, March 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 Mary Lou Delpech, Secretary, and Geraldine Pyle, Director, GRF; Jeffrey P. Matheson, Director of Resident Services; Masha Henzel, Fitness Supervisor; and three residents.

The report of the Committee's regular meeting of February 8, 2017, was approved [Report](#) as written. [Approved](#)

The Chairman reported that there were 14,461 fitness visits for the month of [Chairman's](#) February. [Report](#)

Mr. Matheson reported that there was an electrical problem in the Fitness Center [Staff](#) that temporarily shut down the treadmills and two elliptical machines. The fans and [Report](#) televisions were removed to address the problem.

Mr. Matheson then gave an update on the Del Valle Complex Renovation Project. [Update on](#) He reported that GRF is in the process of obtaining the necessary permits for the [Del Valle](#) modular buildings. The target date to close the Fitness Center is Monday, March [Complex](#) 13<sup>th</sup>, with a target re-opening date in the modular of Monday, April 3<sup>rd</sup>. Construction [Renovation](#) is set to begin on March 30<sup>th</sup>, with demolition scheduled for the following week. [Project and](#) These dates are flexible due to the permitting process. He also provided a handout [Temporary](#) of the proposed floor and planning area of the modulars. Rossmoor's Fitness [Fitness](#) Center website can be used for construction updates, as well as for information [Facilities](#) regarding the location and times of classes.

There was a discussion regarding the use of the sign-in guidelines for the cardio [Revisions](#) equipment in the modular buildings. [to Procedure](#) [for Use](#) [of Cardio](#) [Equipment](#)

A motion was made by Ms. Leonard and seconded by Ms. Herdering to revise the procedure for the use of cardio equipment by eliminating the requirement that sign-up sheets be used. The guidelines would still limit use of cardio equipment to 30 minutes when other residents are waiting to use the machines. A vote on the motion was taken, and the motion CARRIED UNANIMOUSLY.

Mr. Matheson led a discussion regarding the potential renaming of the Del Valle Complex and interior rooms. This would involve renaming the building itself, two interior rooms, the quiet room, and the gym.

Procedure to Rename Del Valle Complex and Recommendation to GRF Board

A motion was made by Ms. Howard and seconded by Ms. Green to recommend to the GRF Board that the Del Valle Complex and interior rooms be renamed via a process to involve resident input. A joint subcommittee of the FCAC and AAC would then evaluate and select the names to recommend to the GRF Board. A vote on the motion was taken, and the motion CARRIED UNANIMOUSLY.

Ms. Herdering asked if the issue of lowering the age for use of the Del Valle Complex to 16 had been resolved. Mr. Matheson responded that the Aquatics Advisory Committee voted to maintain the age at 18. Further action on this matter will need to be taken.

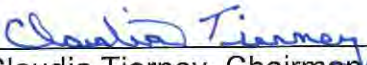
Lowering Age for Use of Fitness Center

The Chairman adjourned the meeting at 10:20 a.m.

Adjournment/

The next regular meeting of the FCAC will be held on Wednesday, April 12, 2017, at 9:30 a.m. in the Fairway Room at Creekside Clubhouse.

Next Mtg. 4/12/17

  
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Claudia Tierney, Chairman PJ  
Fitness Center Advisory Committee

SSS/kv

Attachment: Fitness Center Statistics