

# FITNESS CENTER ADVISORY COMMITTEE REPORT

REGULAR MEETING  
WEDNESDAY, JUNE 14, 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, June 14, 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 Tim O'Keefe, CEO; Leslie Birdsall and Mary Lou Delpech, Directors, GRF; Jeffrey P. Matheson, Director of Resident Services; Masha Henzel, Fitness Supervisor; and three residents.

The report of the Committee's regular meeting of May 10, 2017, was approved as Report written. Approved

The Chairman reported 8,627 total fitness visits for the month of April, including Chairman's class totals. Report

Ms. Henzel reported that all equipment is up and working. Staff

During the Residents' Forum, Mary England expressed her concern about Report/ purchasing new equipment. Jim Lee wanted to know if the new equipment would Residents' cover all muscle groups. He was assured that it would. Forum

Mr. Matheson gave an update on the Del Valle Complex renovation project. Update on Demolition work is almost finished, except for removal of large windows. Work is Del Valle proceeding on the two-hour firewall, and roof framing and restroom plumbing is Complex completed. Three cameras have been installed for a time-lapse video of the Renovation construction progress and can be viewed at [www.rossmoorfitness.com](http://www.rossmoorfitness.com). Mr. Project Matheson also reported that the renovations are on schedule and all equipment has been assigned space. Arrangements for an FCAC tour next month to review progress so far and to anticipate future progress is being scheduled. Proposed

The Committee reviewed and discussed proposed equipment for the renovated Equipment Fitness Center. for Fitness

The Chairman adjourned the meeting at 10:00 a.m. Center Reviewed/ Adjourn-

The next regular meeting of the FCAC will be held on Wednesday, July 12, 2017, at ment/ 9:30 a.m. in the Fairway Room at Creekside Clubhouse. Next Mtg. 7/12/17

  
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Claudia Tierney, Chairman *TS*  
Fitness Center Advisory Committee

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Attachment: Fitness Center Statistics