

FITNESS CENTER ADVISORY COMMITTEE REPORT

REGULAR MEETING

WEDNESDAY, SEPTEMBER 20, 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, September 20, 2017, in the Fairway Room at Creekside Complex.

Present, in addition to the Chairman, were Catherine S. Herdering, Vice Chairman, Attendance Charlotte A. Howard, acting Secretary, and Barbara Leonard. Excused were Sherry S. Smith, Carol A. Green, and Virginia Lee Rapp. Also attending were Timothy O’Keefe, CEO; Leslie Birdsall and Mary Lou Delpech, Directors, GRF Directors; Jeffrey P. Matheson, Director of Resident Services; Masha Henzel, Fitness Supervisor; and one resident.

The report of the Committee’s regular meeting of August 9, 2017, was approved as Report written. Approved

The Chairman reported 9,501 total fitness visits for the month of August. Chairman’s

Ms. Henzel reported that some tiles in the modular buildings have been repaired; Report/ air conditioning has been repaired, and all equipment is running well. Staff Report

During the Residents’ Forum, Ms. Howard reported that a Wall of Fame article was Residents’ published in the Rossmoor News and that three other people will be interviewed, Forum including two Centenarians. Ms. Howard also plans to make a presentation at The Waterford on Fitness Center programs closer to the time the remodeling is completed.

Mr. Matheson reported that the planned reopening of the Del Valle pool on Update on September 18 has been delayed due to problems with City and County permit Del Valle reviews. The completion schedule for the renovation of the Fitness Center is Complex scheduled for mid to end of November so that furniture and equipment can be Renovation moved in. Ms. Leonard suggested that another walk-through be planned for the Project FCAC and the AAC before final completion. Mr. Matheson agreed to arrange that.

Mr. Matheson gave an overview of the planned access control system and member Overview of management systems. Boon Edam will be the new system controlling visitor check- Fitness in and entrance through the gates. The software program MINDBODY will have Center many uses, including class registration and personal or group training. Most new Software equipment will be of the MATRIX line. Matrix has a console which allows a member to create an account to access their personal use history, connect to some wearables, and have access to the members’ personal Netflix or Facebook accounts. HUR health and fitness equipment will be used for the frail community. It is anticipated that the initial opening of the Fitness Center will involve getting people acquainted with the new processes and new equipment. Classes will begin once the Fitness Center is open for several weeks.

As discussed at the Committee's August 9 meeting, Mr. Matheson reviewed the need for additional staffing for the 2018 Fitness Center operating budget. It is anticipated that 1-1/2 positions or 60 hours/week will be needed to cover the front desk as well as one full-time floor position. Staff will need to be available to orient members and visitors to the new fitness center equipment and software. Nearly 700 people can be expected to visit per day on average.

It was announced that the Ad Hoc GRF Board Committee to consider names for the renovated Del Valle Complex will meet on Friday, October 6, 2017, at 2:30 p.m. in the Board Room at Gateway.

The Chairman adjourned the meeting at 10:15 a.m.

The next regular meeting of the FCAC will be held on Wednesday, October 11, 2017, at 9:30 a.m. in the Fairway Room at Creekside Complex.

Fitness
Center
Staffing

Naming of
the Fitness
Center Mtg.

10/6/17/
Adjourn-
ment/

Next Mtg.
10/11/17


Claudia Tierney, Chairman
Fitness Center Advisory Committee

CAH/dr