

AGENDA

FITNESS CENTER ADVISORY COMMITTEE

REGULAR MEETING
WEDNESDAY, JANUARY 11, 2017 AT 9:30 A.M.
FAIRWAY ROOM AT CREEKSIDE CLUBHOUSE

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 NOVEMBER 9, 2016 (Attachment)
4. CHAIRMAN'S REPORT
 - a. Monthly attendance reports for December 2016 (Hand-out at meeting)
5. CORRESPONDENCE AND ANNOUNCEMENTS
 - a. Correspondence from FCAC member Sherry Smith. (Attachment)
6. STAFF REPORTS
 - a. Equipment repair and maintenance.
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. (Attachment)
 - b. Recommendation from Joint Subcommittee regarding guest use of Del Valle. (Attachment)
10. NEW BUSINESS
11. ADJOURNMENT
12. NEXT MEETING: Wednesday, February 8, 2017, at 9:30 a.m. in the Board Room at Gateway Complex

CT/kv
cc: GRF Board

FITNESS CENTER ADVISORY COMMITTEE REPORT

REGULAR MEETING

WEDNESDAY, NOVEMBER 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, November 9, 2016, in the Board Room at Gateway Complex.

Present, in addition to the Chairman, were Catherine S. Herdering, Vice Chairman, 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; Fred Ponce, Construction Project Manager for the Del Valle Complex Renovation Project; and two residents.

Attendance

The report of the Committee's regular meeting of September 7, 2016, was approved as written.

Report
Approved

The Chairman reported that there were 14,373 total visits to the Fitness Center for the month of October. During that time, there were a total of 19,631 visits to the entire facility. There are currently 4,428 memberships, including 93 new memberships.

Chairman's
Report

Ms. Henzel reported that one treadmill has been removed and will not be replaced before the renovation.

Staff
Report

Following up on an issue brought to the attention of the Committee by a resident regarding the Fitness Center Speaker Series, it was decided to include a disclaimer before each presentation to the effect that the presentation is not endorsed or recommended by the Fitness Center, but is intended as information only.

Fitness
Center
Speaker
Series

Mr. Matheson introduced Mr. Ponce, who described the process of getting together a project such as the Del Valle Complex Renovation Project. He anticipates that the invitations to bid will go out in December with the deadline for submitting bids in mid-January 2017. The bids will then be submitted to the GRF Board for consideration at its January meeting on the last Thursday of the month.

Update on
Del Valle
Complex
Renovation
Project

Mr. Ponce then led a lengthy presentation and discussion updating the Committee on the Del Valle Complex Renovation Project. Subjects reviewed were: controlled access system/reception desk, equipment list and layout design, review of finishes for which samples were provided, temporary facilities, classes and programs for 2017 during construction, and bid alternatives. There was also a discussion of fund raising/donor opportunities for items such as equipment. Ideas for possible forms of donor recognition, included a wall of tiles listing donors' names, were also

Fitness Center Advisory Committee
Regular Meeting

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November 9, 2016

discussed. Ms. Rapp volunteered to assist Mr. Ponce in pursuing this idea. It was also suggested that an article be written for the Rossmoor News soliciting the volunteer assistance of professional fund raisers who live in the community.

The Chairman adjourned the meeting at 11:15 a.m.

Adjourn-
ment/
Next Mtg.
1/11/17

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



Claudia Tierney, Chairman
Fitness Center Advisory Committee

SSS/kv

Attachment: Fitness Center Statistics

From: [Sherry Smith](#)
To: [Claudia Tierney](#); [Jeffrey Matheson](#)
Subject: Next FCAC
Date: Tuesday, December 27, 2016 6:03:29 PM

I hope you both had a very Merry Christmas, and I wish you a happy, healthy 2017.

I will not be in town for the next FCAC meeting, but some issues have been brought to my attention recently by more than one person, so I think they need to be added to the agenda or addressed in some way if not appropriate for the agenda.

1. There are signs at the stretching tables asking people to take their shoes off before using. Others and I myself have noticed that 2 trainers do not ask their clients to remove their shoes. In my opinion, either the signs should be removed or the trainers should follow the signs. They are the role models for others. If you like, I can tell you the reasons/excuses given when I've asked the 2 trainers about this matter.
2. The Wall of Fame pictures/biographies are several years old. In one case, the person hasn't lived in Rossmoor for at least 2 years. Can we get someone to update those pictures/biographies? I might suggest Char and/or Virginia.
3. At least 2 people have approached me In the past 2 months about lowering the age to use the gym to at least 16. Grandparents would like to have their teenaged grandchildren exercise with them.

Please let me know what you think. Thanks!

Sherry

Agenda Item: 9a
 Subject: Fitness Center Renovation
 Meeting Date: January 11, 2017

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

REPORT PREPARED BY:

Jeff Matheson, Director of Resident Services

REQUESTED ACTION:

Update regarding the Fitness Center Renovation Project.

BACKGROUND:

Throughout 2016 the community has provided input into the development of a program and the creation of a design for the full renovation of the Fitness Center at Del Valle. The renovation plans have been completed and the project is in the final stages of design and building permit review by the City. A select number of prequalified General Contractors has been provided with an invitation to bid the project and staff with our consultant team has conducted two tours of the facility for contractors and their potential subs. Bids for construction are due January 26th.

During the final permit review process, the City requested updated information on the existing accessible parking and path of travel from the parking lot to the front entry. As existing, this area was previously not considered part of the scope of the project. Upon evaluation of these areas it was discovered the existing parking stalls and path of travel do not meet the current building code for accessibility. The cost to redesign these areas and the anticipated additional cost to the project has made it necessary to eliminate the concept of adding additional parking at the existing turnaround location as well as vehicle charging stations. These items may be considered at a later date as separate items.

Schedule:

January 26, 2017:	Bids Due from General Contractors
February 14, 2017:	Present bids to the GRF Board
	Present contract for modular buildings
March 1, 2017:	Close Fitness Center and set-up modular buildings
March 20, 2017:	Open Fitness Center in modular buildings and begin construction

Beginning March 1, 2017, fitness classes will be relocated. Most classes will be moved to the temporary modular and will begin the week of March 20th. Other classes will be relocated to other clubhouse facilities and begin March 1st. Instructors are being notified of their new locations and a schedule will be published in February.

Aquatic classes may be temporarily moved to Hillside once it is determined the impact construction will have on operation of the pools. The pools are planned to remain open during the majority of construction.

Future Items:

- Review of fitness technology
- Naming of the facility and rooms
- Fundraising options
- Review of rules and procedures for the facility

ATTACHMENTS:

None

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

REPORT PREPARED BY:

Jeff Matheson, Director of Resident Services

REQUESTED ACTION:

Consider recommendation to the GRF Board regarding guest fees to be applied once the new facility is open.

BACKGROUND:

The FCAC and AAC appointed a joint subcommittee to consider options for guest fees for the Del Valle Complex. The Joint Subcommittee met several times over the past few years. The Subcommittee reviewed current practice, the impact of guest use, classes and club led programs, and the policies of other similar active senior communities.

During the last meeting the Subcommittee was also briefed on the project for implementing a new access control/member management system. The concept with this system is to issue all Members a new "smart" card for access to the Fitness Center and potential other GRF facilities. The smart card could be used to preload services such as an allotment of annual guest passes. For example, each Member could be provided with 10 free guest passes on an annual basis. When a member brings a guest the number of available guest passes would be reduced accordingly. Additional guest passes could be purchased and loaded on the card.

After considerable discussion the Subcommittee voted to recommend that each Member be provided with 10 free guest passes each year. The guest passes would not roll over from year to year. A fee of \$10/visit would be charged for additional guest passes. Additional passes could be purchased in groups or on an individual basis.

Rules regarding use of the facility by guests were also discussed. The Subcommittee did not recommend any changes to the current rules. Guest will still be required to be accompanied by a resident while at the facility.

ALTERNATIVE OPTIONS:

The FCAC can accept the recommendation and forward it to the GRF Board or the FCAC can direct the Subcommittee to continue to meet to consider additional alternatives.

ATTACHMENTS:

None