

# FITNESS CENTER ADVISORY COMMITTEE REPORT

REGULAR MEETING  
WEDNESDAY, AUGUST 8, 2018, 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, August 8, 2018, in the Board Room at Gateway Complex.

Present, in addition to the Chairman, were Catherine S. Herdering, Vice Chairman, Charlotte A. Howard, Alice King, Virginia Lee Rapp, Robert Remington, and Geraldine Pyle, ex-officio member and GRB representative. Also attending were Robert D. Kelso, President, GRF; Timothy O'Keefe, CEO; Jeffrey P. Matheson, Director of Resident Services; Julie Van Dusen, Fitness Manager; Javier Roman, Sound and Lighting Technician; and six residents.

Attendance

The report of the Committee's regular meeting of June 13, 2018, was approved as written.

Report  
Approved

The Chairman reported that long-time Committee member, Secretary Sherry Smith, resigned from the FCAC due to a move to the East Coast. The Chairman then introduced the new Committee members, Alice King and Robert Remington.

Chairman's  
Report

The Chairman announced that Char Howard was appointed Secretary of the Fitness Center Advisory Committee to replace Sherry Smith and Catherine Herdering was reappointed Vice Chairman of the Fitness Center Advisory Committee.

Vice  
Chairman  
and  
Appointed  
Secretary/  
Chairman's  
Report  
Cont.

The Chairman then reported that there were 29,947 visits to the Fitness Center in the month of July including 444 resident sign-ins, 316 guests, and 216 caregivers. July was the first month of actual scans with the new system. The previous high was slightly more than 20,000, which included the pool.

There was no correspondence. There were no announcements.

Ms. Van Dusen reported that there were 208 assessments in July, with 222 personal training sessions and 387 classes, of which, 173 were classes offered by staff trainers. There were also 115 small group training sessions in July. The trainers recently started tracking iPad sign-ins for two classes, and this week two more classes were added, for a total of four classes signing in on the iPad. Residents are utilizing their guest passes. Temporary help was used for educating residents in using the new key fob entry process.

Staff  
Reports

Ms. Rapp reported from the Publicity Sub-Committee that the filtered water refill in the Fitness Center has now saved more than 23,000 plastic water bottles kept out of landfill.

Sub-  
Committee  
Reports

Ms. Howard reported from the Wall of Fame Sub-Committee that since she is taking on the job of Secretary, she would appreciate help with the Wall of Fame articles. New Committee member Alice King volunteered to help.

During the Residents' Forum, resident Cynthia Schneider presented to the Committee a memo that she had provided to the Policy Committee on August 7, regarding Non-Resident Facilities Use Fee. She recommended that, if the FCAC was considering a limited number of non-resident memberships for sale, Rossmoor Clubs be given the first opportunity to purchase such memberships.

Residents'  
Forum

Mary England spoke about her preference that there be no increase in the operating budget for the coming year. She also urged the Committee to vote "No" on allowing non-resident memberships or requiring more than a \$50 per month fee. She also spoke to not reducing the current two free training sessions per year for residents.

Mr. Matheson gave an update on the approved list of additional projects (additional lockers, storage cabinets, etc.) approved by the GRF Board. Most items have been completed, with two items yet to be done, namely, the privacy screen to the outside door and additional lockers on the women's side.

Update  
re. Fitness  
Center  
Projects

As of July 1, the new access control system, requiring resident use of fobs to check in was fully operational. Temporary staff has been used to educate residents in using the new check-in system.

Access  
Control  
System  
Update/  
2019

Under New Business, a discussion was held regarding the 2019 Fitness Center operating budget. The current coupon cost per resident is \$9.64, per manor, per month. Additional staffing was added last year, but additional floor staff was not. Ms. Van Dusen presented current levels of service. Productivity level can be evaluated using the Mind/Body software. By shifting the resources, Ms. Van Dusen suggested that 30 hours of floor time could be added under the current budget.

Operating  
Budget

Mr. Matheson presented an option of selling a limited number of non-resident sponsored memberships to the Fitness Center as a way of increasing revenue; however, the increase in revenue may not necessarily go toward hiring more staff for the Fitness Center.

Selling  
Non-  
Resident  
Sponsored  
Member-  
ships/

He also presented an option of re-allocating the two free training assessments each Rossmoor resident has available per year. The discussion centered around only offering training in 30-minute time periods to better fill out the trainers' schedules and create more timely appointments for residents who wish to work with a particular trainer.

Reallocation  
of Two Free  
Training  
Assess-  
ments

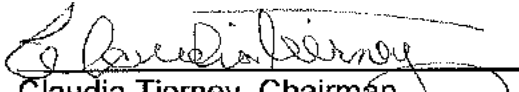
A motion was made by Ms. Rapp, seconded by Ms. Herdering, and CARRIED UNANIMOUSLY to recommend to the GRF Board the addition of one full-time floor staff position at the Fitness Center.

Recom-  
mendation  
to GRF  
Board re.  
Staff  
Position

The Chairman adjourned the meeting at 11:10 a.m.

Adjourn-  
ment/  
Next Mtg.  
9/5/18

The next regular meeting of the FCAC will be held on Wednesday, **September 5, 2018**, at 9:30 a.m. in the Board Room at Gateway Complex.

  
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Claudia Tierney, Chairman  
Fitness Center Advisory Committee

CT/dr