

## FITNESS CENTER ADVISORY COMMITTEE REPORT

REGULAR MEETING  
WEDNESDAY, FEBRUARY 14, 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, February 14, 2018, 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, Virginia Lee Rapp, and Melvin C. Fredlund, ex-officio member and GRB representative. Also attending were Timothy O'Keefe, CEO; Jeffrey P. Matheson, Director of Resident Services; and Julie Van Deusen, Fitness Supervisor.

Attendance

The report of the Committee's regular meeting of January 10, 2018, was approved as written.

Report  
Approved

Mr. Matheson shared with the Committee that 2,802 residents have had their registration information processed.

Staff  
Report

Ms. Howard announced that she took four groups, a total of twenty-five people, from the Waterford on a tour of the renovated fitness center.

Tour of  
Fitness  
Center/

Mr. Matheson provided Committee members with a handout of the full class schedule. A full schedule of classes was made available on February 12. He also mentioned that massage therapy may be offered in the future thru a contract massage therapist. This massage therapist would not be an employee of Rossmoor.

Update re.  
Class  
Schedule &  
Massage  
Therapist

Ms. Howard presented ideas for the Wall of Fame. After discussion, it was decided to display pictures of residents listing only their name, age, and workout program. The pictures would be rotated quarterly. Mr. Matheson will research hanging options.

Wall of  
Fame

Mr. Matheson reviewed the soft opening of the fitness center, which has been ongoing since January 22, 2018. He shared that, while the feedback has been mostly positive, there are still issues to be worked out, such as those involving the locker rooms and the temperature balance. He also shared that there will be a notice posted on the message board asking residents to refrain from talking on their cell phones while exercising.

Soft  
Opening  
Feedback

Mr. Matheson explained that the access control system can be expanded to other facilities within Rossmoor. The identification fobs will be available in two or three weeks due to a manufacturer's error. He discussed the benefits of setting up personal accounts on the Matrix machines.

Access  
Control  
System

The Grand Opening of the Tice Creek Fitness Center will be Thursday, February 15, at 1:00 p.m. Mr. Matheson handed out a schedule of events. The Ribbon Cutting Ceremony will occur at 3:00 p.m.

Ribbon  
Cutting  
Ceremony

A discussion ensued regarding having music in the fitness center. It has been on intermittently, bringing various opinions from residents. The consensus was that soft background music would be played only in the lobby. This arrangement can be changed if desired.

Music  
in Fitness  
Center

The Chairman brought up concerns about the ten electric car parking spaces to be installed in the fitness center parking lot. Mr. O'Keefe provided background for this project. These parking spaces will only be dedicated electric car spaces at night, beginning at a time yet to be determined. The stations will be fee-based and owned and maintained by PG&E.


Electric Car  
Parking  
Spaces

The Chairman adjourned the meeting at 10:50 a.m.

Adjourn-  
ment/

The next regular meeting of the FCAC will be held on Wednesday, March 14, 2018, at 9:30 a.m. in the Board Room at Gateway Complex.

Next Mtg.  
3/14/18

  
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Claudia Tierney, Chairman  
Fitness Center Advisory Committee

SS/dr