

FITNESS CENTER ADVISORY COMMITTEE REPORT

REGULAR MEETING

WEDNESDAY, FEBRUARY 11, 2015, 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 11, 2015, in the Board Room at Gateway Clubhouse.

Present, in addition to the Chairman, were Barbara Leonard, Vice Chairman, Attendance Nancy Gracey Moschel, Secretary, Catherine S. Herdering, Edson L. Montgomery, Virginia Lee Rapp, Sherry S. Smith, and Alice S. Lau, GRF representative and ex-officio member. Also attending were Mary Lou Delpach, Director, GRF; Jeffrey P. Matheson, Director of Resident Services; Masha Henzel, Fitness Supervisor; and three residents.

The report of the Committee's meeting of January 14, 2015, was accepted as Report presented. Approved

The Chairman reported that the GRF Board had voted to hire the Sports Chairman's Management Group of Berkeley to consult on the Del Valle Complex renovation. Report

The Chairman announced that Virginia Rapp and Sherry Smith volunteered to do Publicity publicity. Barbara Leonard reported on current publicity items.

Mr. Matheson reported that there were 13,806 visits to the Fitness Center in Staff January 2015 including 349 guests, 87 caregivers and 1,077 in pool classes taught Report by Fitness staff.

Ms. Henzel reported that one whole-body vibrator was down. Thanks to a donation by Friends of Rossmoor Fitness, a third whole body vibrator is on order.

During the Residents' Forum, Jaiyi Zhou asked that the Lost and Found at the Residents' Fitness Center and Pool be better organized. Ms. Henzel gave a brief summary of Forum how lost items are handled by the Fitness Center.

Roxanne Stallings reviewed a proposal she made to the GRF Board to summarize certain data from the Fitness Center for proposed use by the consulting firm being engaged by GRF.

Mr. Matheson reviewed the Del Vale Complex consulting proposal for programs and services, followed by several schematics to accommodate the programs. The consultants are to provide a final report to the GRF Board in August. Del Valle
Consulating
Prosposal
for Programs
& Services

Mr. Matheson reviewed the custodial /AV services that are provided to the Fitness Center. It was the consensus of the Committee to consider this item in detail prior to the next budget in case additional staffing appears warranted.

Custodial/AV
Services

Mr. Matheson reviewed the subject of non-resident participation in Fitness Center classes. Little hard data is available, but it appears that non-residents do not make a significant impact on classes.

Non-
Resident
Participation
in FC
Classes


Mr. Matheson said the GRF Board would consider the Committee's January recommendations at their February 26th meeting.

The next regular meeting of the Committee will be on Wednesday, March 11, 2015, at 9:30 a.m. in the Board Room at Gateway Complex.

Next Mtg.
3/11/15

The meeting was adjourned at 10:35 a.m.

Adjournment



Claudia Tierney, Chairman
Fitness Center Advisory Committee

NGM/do

Attachment: Fitness Statistics