

FITNESS CENTER ADVISORY COMMITTEE REPORT

REGULAR MEETING

WEDNESDAY, FEBRUARY 13, 2019, 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 13, 2019, in the Board Room at Gateway Complex.

Present, in addition to the Chairman, were Catherine S. Herdering, Vice Chairman, Charlotte A. Howard, Secretary, James V. Grizzell, Virginia Lee Rapp, Robert Remington, and Geraldine Pyle, ex-officio member and GRB representative. Alice King was excused. Also attending were Robert D. Kelso, President, GRF; Timothy O'Keefe, CEO; Jeffrey P. Matheson, Director of Resident Services; Noah Yuzna, Fitness Center Lead; and one resident.

Attendance

The report of the Committee's regular meeting of January 9, 2019, was approved as written.

Report
Approved

The Chairman reported that there were 23,076 visits to the Fitness Center for the month of January 2019.

Chairman's
Report

Mr. Matheson shared two pieces of correspondence received regarding the decision to eliminate overhead music in the Fitness Center. He discussed the history of music being played in the Fitness Center as well as the recent surveys that were held regarding preferences of residents. Committee members had talked to residents in the Fitness Center who were also disappointed that overhead music had been discontinued. Discussion was held about the possibility of doing another survey in which residents could not vote more than once and in which music preferences would be limited to faster pace workout music, thus eliminating slower types of music. It was decided that another survey might be appropriate later on.

Correspon-
dence

Mr. Matheson then reported that the statistics report for January 2019 is a little more in depth due to software capabilities. The report also breaks down the amount of revenue generated from personal training, small group training, guest passes, etc. The graphs show that from September 2018 through January 2019 the 9 a.m. to 11 a.m. time period is busiest each day. Parking has also been an issue. Graphs for the same period also illustrate that Monday usage is heaviest, with Sunday's usage being the lowest. Mr. Yuzna mentioned that they are working on the turnstile to make check-ins more efficient. One new front desk position has been filled and one is still needed. One trainer is on leave.

Staff
Reports

Under Publicity Ms. Howard reported that long-time Fitness Center Trainer Katleen Lampert has a collection of photographs she has taken over the years from the earlier Fitness Center in Rossmoor to the current one. Mr. Matheson mentioned that the Rossmoor News may also have some photos. Discussion was held regarding the possibility of developing a history display for the Fitness Center at a later date.

Publicity

There were no Resident Forum speakers.

Residents'
Forum

Mr. Matheson formally introduced the new Fitness Lead, Noah Yuzna. Mr. Yuzna described his broad background of education including a degree in Kinesiology and experience that he brings to the Fitness Center. He will be doing 15 hrs/wk of personal training in addition to working with the staff. Mr. Matheson then reported that the staff has new logo jackets. New Fitness Lead

Ms. Rapp discussed some ideas of using logo items to raise revenue in the Fitness Center. She showed samples of logo items as possibilities: a hat, sun visor, water bottle, bag, etc. There was positive reaction from the Committee, and the idea will be considered at a later date.

The Chairman adjourned the meeting at 10:02 a.m.

The next regular meeting of the FCAC will be held on Wednesday, March 13, 2019, at 9:30 a.m. in the Board Room at Gateway Complex.

Adjourn-
ment/
Next Mtg.
3/13/19



Claudia Tierney, Chairman
Fitness Center Advisory Committee

CH/dr