

FITNESS CENTER ADVISORY COMMITTEE REPORT

REGULAR MEETING
WEDNESDAY, JANUARY 8, 2014, AT 9:30 A.M.

A regular meeting of the Fitness Center Advisory Committee (FCAC) was called to order by the Chairman, Carol A. Green, at 9:30 a.m. on Wednesday, January 8, 2014, in the Donner Room at the Event Center Clubhouse.

Present, in addition to the Chairman, were Barbara A. Leonard, Vice Chairman, Nancy Gracey Moschel, Secretary, Carl W. Brown, Catherine S. Herdering, Charlotte (Char) A. Howard, Claudia Tierney, and James W. Giffin, ex-officio member and GRF Board representative. Also attending were Diane C. Guilfooy, Director, GRF; Jeffrey P. Matheson, Director of Resident Services; Masha Henzel, Fitness Supervisor; and five residents.

Attendance

The report of the Committee's meeting of November 13, 2013, was approved as amended to note that the Chairman was excused, not absent.

Report
Approved
as

The Chairman reported that during November 2013, there were 11,524 visits to the Fitness Center, including 168 visits by guests and 101 visits by caregivers. There were 1,707 attendees in classes in the Aerobics Room, 1,644 attendees in classes in the Shasta Room, and 923 attendees in pool classes taught by Fitness Center staff.

Amended/
Chairman's
Report

During December 2013, there were 11,455 visits to the Fitness Center, including 266 visits by guests and 75 visits by caregivers. There were 1,469 attendees in classes in the Aerobics Room, 1,460 attendees in classes in the Shasta Room, and 629 attendees in pool classes taught by Fitness Center staff.

Ms. Henzel reported that equipment is functioning and there were 2,595 visits to the website in November and 2,373 in December 2013.

Staff
Report

The Publicity Subcommittee reported they are interviewing for articles on the Hall of Fame. The Subcommittee requested names for future Wall of Fame candidates.

Subcom-
mittee
Report/

Mr. Matheson noted that GRF's new Rossmoor website is up and running and the fitness website will be incorporated into it for centralization of information, upkeep and maintenance.

Rossmoor
Website

Sherry S. Smith supported the sign-in procedure for cardio equipment because it decreases conflicts and wait times. New users need to be better instructed about central sign-in procedures. Patricia M. Zuker introduced herself as Chair of the Task Force for the Del Valle renovation. She questioned residents having to pay for clinics at the Fitness Center. (It was noted that these are not classes but group personal training and help reduce the cost of personal training to residents.) Finally, Jiayi Zhou expressed his opinion that the fitness website needs to be

Residents'
Forum

controlled by the Fitness Committee, not staff.

Ms. Moschel gave an update on the Ad Hoc Task Force which meets weekly on Wednesdays from 2-4 in the Board Room at Gateway Clubhouse.

Ad Hoc
Task Force
Meetings/
Sign-In
Procedures

The Chairman noted that signing in for cardio equipment should not be used for tracking usage as it is too incomplete. The rules regarding equipment signing-in need to be reviewed. A new subcommittee with the Chairman, Mr. Brown, and Ms. Henzel will meet to review the existing sign-in procedure to make it more streamlined and simpler.

Mr. Matheson noted that the interim expansion will probably be up and running around March as equipment could not be ordered until after January 1st. Some equipment will be moved and the stage removed during the process.

Fitness
Center
Interim
Expansion/
Sierra Room
Schedule

The Committee reviewed the proposed schedule for the Sierra Room and noted that it needs to identify available free space times and description of classes.

There being no further business, the meeting was adjourned.

Adjourn-
ment/
Next Mtg.
2/12/14

The next regular meeting of the Committee will be on Wednesday, February 12, 2014, at 9:30 a.m. in the Board Room at Gateway Complex.

Carol A. Green kv

Carol A. Green, Chairman
Fitness Center Advisory Committee

NGM/kv

Attachment: Fitness Statistics