

FITNESS CENTER ADVISORY COMMITTEE REPORT

REGULAR MEETING

WEDNESDAY, FEBRUARY 12, 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, February 12, 2014, in the Board Room at Gateway Complex.

Present, in addition to the Chairman, were Barbara 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 was Jeffrey P. Matheson, Director of Resident Services; and two residents. Attendance

The report of the Committee's meeting of January 8, 2014, was approved as amended to delete a middle initial for Ms. Leonard. Report Approved as

The Chairman reported that during January 2014 there were 13,325 visits to the Fitness Center, including 259 visits by guests and 113 visits by caregivers. There were 728 attendees in pool class taught by Fitness staff. There were 257 GRF sponsored free session with trainers. There was a question to be clarified regarding "paid clinics" and "total # special clinic". It was noted that "group training" was a preferred designation. There were 1,512 visits to the website in January 2014. Amended/ Chairman's Report

The Publicity Subcommittee reported it is interviewing for articles on the Wall of Fame. The Subcommittee requested names for future Wall of Fame candidates. The Chairman also provided a list of possible topics for articles about the Fitness Center. Subcommittee Report

Mr. Matheson noted that GRF's new Rossmoor.com website is up and running and the fitness website is incorporated into it for centralization of information, upkeep and maintenance. Ms. Henzel will provide the relevant information that will include class schedules and eventually the ability to register online for classes. Any suggestions should be sent to Mr. Matheson. Rossmoor Website

Ms. Henzel is producing a quarterly newsletter. It was suggested it be posted on the website. Quarterly Newsletter

It was reported that GRF is creating new recreation software that will be more useful than the current version. Software Update

Ms. Herdering reported that there was a lot of interest in the Fitness Center at the last Newcomers' meeting. Newcomers' Meeting

Mary E. Moreau requested that a circuit training course designed for women and less active adults be added. Jiayi Zhou expressed his opinion that the fitness website needs to be controlled by the Fitness Center Advisory Committee, not staff.

Residents'
Forum

The rules regarding cardio equipment sign-in were reviewed. A revised procedure will be presented next month.

Sign-In
Procedures

It was suggested that postings of various instruction notices be varied so there is more chance that residents will notice them.

Instruction
Notices

Mr. Matheson noted that the interim expansion of the Fitness Center 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.

Fitness
Center
Interim
Expansion/
FCAC
Calendar

The Committee's annual calendar was reviewed. Planning for any 50th Anniversary celebration will be added for March.

There being no further business, the meeting was adjourned at 10:35 a.m.

Adjourn-
ment/
Next Mtg.
3/12/14

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



Carol A. Green, Chairman
Fitness Center Advisory Committee

NGM/kv
Attachment: Fitness Statistics