

FITNESS CENTER ADVISORY COMMITTEE REPORT

REGULAR MEETING
WEDNESDAY, MARCH 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, March 12, 2014, in the Board Room at Gateway Complex.

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

The report of the Committee's meeting of February 12, 2014, was approved as Report
presented. Approved

The Chairman reported that during February 2014 there were 12,238 visits to the Chairman's
Fitness Center, including 177 visits by guests and 99 visits by caregivers, 1,894 in Report
the Aerobics Room, and 1,856 in the Shasta Room. There were 353 attendees in
pool classes taught by Fitness staff.

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

Patricia M. Zuker updated the Committee on the work of the Del Valle Clubhouse - Del Valle
Fitness Upgrade Project Ad Hoc Task Force To Receive Community Input. A Town Upgrade
Hall meeting will be held on March 29th. Project

Sherry S. Smith requested that the FCAC meetings be better publicized and that Residents'
the caregiver policy be clarified. Cynthia Davis thanked the Committee for its work Forum
and requested more staff. Ms. Zuker provided suggestions for the recent Fitness
Center expansion.

A motion was made by Mr. Brown, seconded by Ms. Leonard, and Revised
CARRIED UNANIMOUSLY to approve the revised cardio equipment Cardio
sign-in process. Equipment
Sign-In
Process
Approved

Fitness Center Advisory Committee
Regular Meeting

-2-


March 12, 2014

It was suggested to provide 50th Anniversary towels at the Fitness Center along with tours, demonstrations and walks that would not require time by trainers.

There being no further business, the meeting was adjourned at 10:20 a.m.

The next regular meeting of the Committee will be on Wednesday, April 9, 2014, at 9:30 a.m. in the Fairway Room at Creekside Clubhouse.

50th
Anniversary
Participation/
Adjourn-
ment/
Next Mtg.
4/9/14



Carol A. Green, Chairman / PJ
Fitness Center Advisory Committee

NGM/kv

Attachment: Fitness Statistics