

FITNESS CENTER ADVISORY COMMITTEE REPORT

REGULAR MEETING
WEDNESDAY, APRIL 9, 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 Fairway Room at the Creekside Clubhouse.

Present, in addition to the Chairman, were Barbara Leonard, Vice Chairman, Attendance
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 Barbara S. Jordan,
Vice President, Diane C. Guilfooy, Geraldine Pyle, and Melvin N. Wall, Directors,
GRF; Patricia M. Zuker, Chairman, Del Valle Fitness Center Upgrade Ad Hoc Task
Force; Warren T. Salmons, CEO, Jeffrey P. Matheson, Director of Resident
Services; Masha Henzel, Fitness Supervisor; and four residents.

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

The Chairman reported that during March 2014 there were 13,780 visits to the Chairman's
Fitness Center, including 286 visits by guests and 94 visits by caregivers, 2,217 in Report
the Aerobics Room, 1,777 in the Shasta Room, and 415 in the Sierra Room.

The Chairman also reported that comments from residents to the Ad Hoc Task
Force that relate to management/operation of the Fitness Center would be
forwarded to her.

The Publicity Subcommittee reported they are completing articles for the Rossmoor Subcom-
News including articles on the Wall of Fame. mittee
Report/
Ms. Zuker updated the Committee on the work of the Del Valle/Fitness Center Ad Del Valle
Hoc Task Force. The final date for submitting completed questionnaires is April Task Force
18th. Update

One resident spoke in support of one-on-one personal training. A GRF Board Residents'
member suggested possibly higher rates for personal training since GRF fees are Forum
lower than at local area outside fitness centers. Another resident spoke on
extending music to the Delta Room, moving the punching bag and other aspects of
the fitness center use.

Mr. Matheson reported on the layout and schedule for the interim expansion. It was Del Valle
noted that there does not seem to be a space to move the spin bikes out of the Expansion
Aerobics Room. Update

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A lengthy discussion was held on the level of training staff and how it should be utilized. The discussion will continue at the May meeting with staff returning with more information on various potential aspects of training and safety.

Staff
Training
Levels

There being no further business, the meeting was adjourned at 10:38 a.m.

Adjourn-
ment/
Next Mtg.
5/14/14

The next regular meeting of the Committee will be on Wednesday, May 14, 2014, at 9:30 a.m. in the Fairway Room at Creekside Clubhouse.



Carol A. Green, Chairman
Fitness Center Advisory Committee

NGM/kv

Attachment: Fitness Statistics