

FITNESS CENTER ADVISORY COMMITTEE REPORT

REGULAR MEETING
WEDNESDAY, JUNE 11, 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, June 11, 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 Alice S. Lau, ex-officio member and GRF Board
representative. Charlotte (Char) A. Howard was excused. Also attending were
Diane C. Guilfooy, President, GRF; Jeffrey P. Matheson, Director of Resident
Services; Masha Henzel, Fitness Supervisor; and two residents.

The report of the Committee's meeting of May 14, 2014, was accepted as Report
presented. Approved

The Chairman reported that during May 2014 there were 12,727 visits to the Chairman's
Fitness Center and 1,081 attendees to pool classes lead by Fitness Center staff. Report

The Chairman welcomed new GRF Board representative, Alice S. Lau. Ms. Lau GRF
reported that the GRF Board was considering merging the Aquatics Advisory and Board
Fitness Center Advisory Committees, and is in continuing discussion of the future Report
of the Del Valle Clubhouse.

Chairman Green reminded members that when speaking outside the FCAC Speaking
meetings, they should be clear that they are speaking for themselves and not the Outside of
Committee. Votes of the FCAC should be respected even if a member does not FCAC
agree with the majority. Meetings

The Publicity Subcommittee reported it is completing articles for the Rossmoor Subcom-
News including one on the Wall of Fame. mittee

The Del Valle Renovation and Fitness Center Upgrade Task Force's final report Report/
was part of the agenda packet. It was noted that data is available for cross Del Valle
tabulation of results in the future. With this basic information, it was noted that the Task Force
survey could be conducted again in the future to see if continuing interim Report
expansion measures changed answers. It was also noted that an appendix
regarding operational issues is being prepared and will be available in the GRF
Board Office and the Rossmoor Library.

A number of issues identified in the survey were regarding current operations to
the Fitness Center. The Task Force is compiling a report of these and will submit it
to the FCAC once it is finished.

After receiving the Task Force report, there was interest in having staff input as to the needs of Rossmoor as a unique community.

One resident said renovation has been talked about for at least the past 11 years and it was time to move forward; also that there is little staff turnover so Fitness Center staff must be satisfied with their work. Residents' Forum

Mr. Matheson said the general philosophy for the Fitness Center is to maximize services with the budget constraints for staff but that personal training is an important function. Data demonstrates that the Fitness Center is safe and economical. Discussion of Service and Staff Training Levels

A lengthy discussion was held on the level of training staff and how it should be utilized, including to monitor safety. Mr. Matheson provided information that indicated about 20 hours per week could be designated for trainer floor work but it couldn't be done on a set schedule. Currently, at least one trainer is present in the main Fitness Center area.

After much discussion, a motion was made by Ms. Moschel, seconded by Mr. Brown, and FAILED with all members voting "no", to implement a specific schedule for the 20 hours of trainer floor time.

It was also suggested that email could be a means of asking simple information from trainers. The consensus of the Committee was to have trainers wear bright vests or shirts. These will be ordered within the next week.

The consensus of the Committee was to postpone further discussion on the level of training staff until nearer the budget time.

The Committee reviewed the Guidelines for cardio equipment use and concluded that no changes needed to be made at this time. Cardio Equipment Guidelines/ Rule R102.0

The Committee reviewed the proposed update of the Fitness Center Rule R102.0 and decided that no changes needed to be made until after the GRF Board decision on possibly merging the Aquatics and Fitness Center Advisory Committees.

It was noted that a recent email regarding shower doors at Del Valle was also sent to the Aquatics Advisory Committee. Email Re: Shower Doors

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The next regular meeting of the Committee will be on Wednesday, July 9, 2014, at 9:30 a.m. in the Fairway Room at Creekside Clubhouse. Next Mtg. 7/9/14

The meeting was adjourned at 11:05 a.m.

Adjourn-
ment



Carol A. Green, Chairman PJ
Fitness Center Advisory Committee

NGM/kv
Attachment: Fitness Statistics