

FITNESS CENTER ADVISORY COMMITTEE REPORT

REGULAR MEETING WEDNESDAY, AUGUST 13, 2014, AT 9:30 A.M.

A regular meeting of the Fitness Center Advisory Committee (FCAC) was called to order by the Chairman, Claudia Tierney, at 9:30 a.m. on Wednesday, August 13, 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, Virginia Lee Rapp, Sherry S. Smith, and Alice S. Lau, GRF representative and ex-officio member. Also attending were Diane C. Guilfooy, President, and Geraldine Pyle, Vice President, GRF; Warren T. Salmons, CEO, Jeffrey P. Matheson, Director of Resident Services; Masha Henzel, Fitness Supervisor; and six residents. Attendance

The report of the Committee's meeting of July 9, 2014, was accepted as presented. Report Approved

The Chairman reported that during July 2014 there were 13,363 visits to the Fitness Center by residents, guests and caregivers. Chairman's Report

Mrs. Smith complimented Mr. Matheson on excellent write-ups for the agenda packet. Staff Reports in Agenda Packet/

Ms. Henzel reported that all equipment is operating. Staff Report

Ms. Leonard reported the Publicity Subcommittee has several articles in process. Publicity Subcom-

The following residents spoke during the Residents' Forum: 1) Roxanne Stallings expressed concern about the amount of time/funds spent on personal training as compared to floor and class work; 2) Jo Jones said that personal training was important for the health of many residents; 3) Patricia M. Zuker asked that comparisons be considered between the time spent on an individual resident vs. a group; 4) Joseph Fernandez suggested moving the fitness equipment into the Sierra Room and sports into the current Fitness Center; and 5) Patricia F. Hart said that she wants to continue to use personal training and believes more staff is needed. Mittee/ Residents' Forum

Mr. Salmons stated that the GRF Board is considering the future of Del Valle. Ms. Lau urged the Committee to remember the higher vision for Rossmoor and that the goal with amenities is to serve residents' needs and not to make money or to necessarily break even. Ms. Guilfooy then noted that only the Fitness Center and golf has paid staff to give training or lessons. GRF Board Report and Comments

Mrs. Smith stated that the Fitness Center is unique, and the Committee not should

try to compare it to other amenities in Rossmoor.

A lengthy discussion was held about the options for the draft proposed 2015 Fitness Center budget.

Proposed
Draft 2015
Budget

A motion was made by Ms. Moschel and seconded by Ms. Smith to recommend to the GRF Board Front Desk Coverage Option 1c: to hire part time on call front desk attendants at an estimated cost of \$45,000 for 60 additional hours per week. A vote on the motion was taken, and the motion CARRIED UNANIMOUSLY.

Recom-
mendations
To GRF
Board
Regarding
Staffing
and Trainers

A motion was made by Ms. Leonard and seconded by Ms. Rapp to recommend to the GRF Board Class Trainer Option 3e: to hire two 18 hour per week personal trainers who would be dedicated to providing floor coverage and back-up for when permanent staff is absent at an estimated cost of \$47,000. A vote on the motion was taken, and the motion CARRIED, with Mr. Brown abstaining.

A motion was made by Mr. Brown to bring in outside body work staff. The motion DIED for lack of a second.

A discussion was held on possible revenue generating options.

Revenue
Generating
Options and
Recom-
mendations
To GRF
Board

A motion was made by Ms. Smith and seconded by Ms. Rapp to recommend to the GRF Board that fees for personal training be increased to \$60/hour, \$35/half hour and \$15/group. A vote on the motion was taken, and the motion CARRIED, with Ms. Leonard voting no.

A motion was made by Mr. Brown and seconded by Ms. Moschel to recommend to the GRF Board that facility use fees for classes conducted by independent instructors be equalized to \$10/class session. A vote on the motion was taken, and the motion CARRIED UNANIMOUSLY.

A motion was made by Ms. Moschel and seconded by Ms. Smith for the Committee to go on record as supporting personal training. A vote on the motion was taken, and the motion CARRIED UNANIMOUSLY.

A possible Ad Hoc joint subcommittee of the Aquatics Advisory and Fitness Center Advisory Committees to consider items of mutual interest was tabled until the next meeting.


Joint
Subcom-
mittee

At the request of Committee members, Committee mailboxes will return to the Fitness Center. Committee Mailboxes

The next regular meeting of the Committee will be on Wednesday, September 17, 2014, at 9:30 a.m. in the Board Room at Gateway Complex. Next Mtg. 9/17/14

The meeting was adjourned at 11:40 a.m.

Adjournment


Claudia Tierney, Chairman
Fitness Center Advisory Committee

NGM/kv
Attachment: Fitness Statistics