

A G E N D A

FITNESS CENTER ADVISORY COMMITTEE

REGULAR MEETING
THURSDAY, NOVEMBER 12, 2015, AT 9:30 A.M.
BOARD ROOM AT GATEWAY COMPLEX

1. MEETING CALLED TO ORDER: Claudia Tierney, Chairman
2. ROLL CALL: Tierney, Leonard, Smith, Green, Herdering, Montgomery, Rapp, and Fredlund, ex-officio member
3. APPROVAL OF REPORT OF OCTOBER 21, 2015 (Attachment)
4. CHAIRMAN'S REPORT
 - a. Monthly attendance report for October 2015. (Attachment)
5. CORRESPONDENCE AND ANNOUNCEMENTS
6. STAFF REPORTS
 - a. Equipment repair and maintenance.
7. SUB-COMMITTEE REPORTS
8. RESIDENTS' FORUM

FCAC will follow Rossmoor custom and limit comments to 3 minutes.
9. UNFINISHED BUSINESS
10. NEW BUSINESS
 - a. Consider recommendation to add a facility use fee for Clubs that sponsor fee based classes and lessons at Del Valle. (Attachment)
 - b. Discussion regarding accomplishments from 2015 and goals for 2016 for the Fitness Center. (Attachment)
11. ADJOURNMENT
12. NEXT MEETING: Wednesday, January 13, 2016, at 9:30 a.m. in the Board Room at Gateway Complex

CT/kv
cc: GRF Board

FITNESS CENTER ADVISORY COMMITTEE REPORT

REGULAR MEETING

WEDNESDAY, OCTOBER 21, 2015, 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, October 21, 2015, in the Fairway Room at Creekside Clubhouse.

Present, in addition to the Chairman, were Barbara Leonard, Vice Chairman, Catherine S. Herdering, Virginia Lee Rapp, and Melvin C. Fredlund, GRF Board representative and ex-officio member. Carol A. Green and Sherry S. Smith were excused. Edson L. Montgomery was absent. Also attending were Mary Lou Delpech, Secretary, and Geraldine Pyle, Director, GRF; Jeffrey P. Matheson, Director of Resident Services; and one resident.

Attendance

The report of the Committee's regular meeting of August 12, 2015, as well as the report of the special joint meeting of the FCAC and Aquatics Advisory Committee (AAC) held on August 19, 2015, were approved as presented.

Reports
Approved

The Chairman reported that there were 14,200 visits to the Fitness Center in August. September attendance is still being compiled due to the complication of adding up the mix of sign-in visits and log-ins for the new key tag system. Mr. Matheson reported that staff is becoming accustomed to the new system. With the new system, the number of unique visits, as opposed to a simple count of total visits, should be available in November.

Chairman's
Report

Mr. Matheson reported that all equipment is working well.

Staff
Report/
Del Valle
Renovation
Update

Mr. Matheson then reported that after many meetings, presentations, and forums, and in consultation with The Sports Management team, the Del Valle Complex renovation project has evolved into a hybrid "A+" proposal. The GRF Board will discuss ways to move forward at future Board meetings. No action is expected until the new year. Ms. Rapp commended Mr. Matheson for his skill and dedication in explaining the design proposals and soliciting resident ideas and reactions.

Mr. Matheson presented a chart comparing the number of personal training sessions in 2014 to those in 2015, after the fee increase proposed by the FCAC and approved by the GRF Board went into effect. There is little change in numbers, indicating that the fee change did not greatly impact residents who use personal training. The financial benefit to GRF has not been calculated yet, but it will be greater than last year. Mr. Matheson also noted that less than half the trainers' time is taken up with personal sessions.

Personal
Training

Fitness Center Advisory Committee
Regular Meeting

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October 21, 2015

To date, the Fitness Center has issued 769 key tags to residents. The application process entails updating personal and medical information, a great benefit in emergency situations and for trainers assisting residents. Key tags will eventually phase out the sign-in system. Pool registration still needs to be worked out, and may require a log-in device at the pool entrance until renovation consolidates entry into one location. Caregivers are manually registered. Key Tag Update

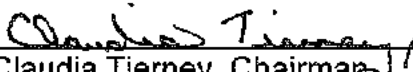
Ms. Rapp, a member of the Publicity Subcommittee, proposed an article for the Rossmoor News describing the ease of registering for and using the new key tag system. This will raise residents' awareness and encourage them to engage in the process. News Article

The meeting was adjourned at 10:00 a.m.

Adjourn-
ment/

The next regular meeting of the FCAC will be held on Thursday, November 12, 2015, at 9:30 a.m., a change due to the November 11th Veterans Day holiday, which is a GRF holiday. The meeting location will be announced.

Next Mtg.
11/12/15



Claudia Tierney, Chairman
Fitness Center Advisory Committee

CSH/kv

Attachment: Fitness Center Statistics

Fitness Center Registration OCTOBER 2015

OCT	→	6:00	7:00	8:00	9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	Total
THU	1	24	16	21	39	49	14	21	23	26	20	16	14	12	9	1	305
FRI	2	7	16	38	41	37	29	16	18	9	25	19	11	9	6	1	282
SAT	3	4	7	15	9	9	11	10	14	20	24	12	8	0	0	0	143
SUN	4	3	7	14	14	23	20	19	15	16	16	11	7	0	0	0	165
MON	5	13	10	44	46	47	31	21	24	24	16	23	28	12	4	8	351
TUE	6	17	13	18	45	29	8	19	16	18	22	17	10	15	11	2	260
WED	7	10	15	34	37	29	21	11	23	21	24	20	17	5	10	4	281
THU	8	12	13	11	39	36	9	15	24	17	24	16	7	9	6	5	243
FRI	9	7	11	34	35	34	18	9	14	20	36	17	10	14	4	1	264
SAT	10	2	9	5	7	13	11	8	18	15	6	9	8	0	0	0	111
SUN	11	3	4	10	11	19	18	12	10	16	18	16	3	0	0	0	140
MON	12	7	13	43	34	44	17	26	27	14	22	40	14	15	7	0	323
TUE	13	13	16	24	29	39	17	17	11	27	29	8	21	13	7	2	273
WED	14	3	15	22	35	37	20	7	23	22	24	16	13	15	7	6	265
THU	15	14	10	22	27	32	15	9	21	21	20	12	13	7	6	4	233
FRI	16	7	11	27	29	24	26	15	10	17	23	14	19	5	3	1	231
SAT	17	3	8	9	13	7	12	16	21	24	13	17	10	0	0	0	153
SUN	18	3	2	16	14	15	16	20	9	20	16	14	10	0	0	0	155
MON	19	7	9	35	45	43	15	14	22	2	19	22	11	14	4	4	266
TUE	20	13	9	21	30	25	11	14	20	19	21	26	21	15	4	2	251
WED	21	5	5	21	30	28	12	13	24	15	27	12	16	8	5	5	226
THU	22	16	11	19	24	32	9	16	32	16	36	14	18	7	6	2	258
FRI	23	8	10	24	32	21	26	12	10	15	24	21	9	6	3	0	221
SAT	24	3	5	8	13	10	8	9	13	15	9	25	11	0	0	0	129
SUN	25	3	8	7	11	14	16	12	10	17	9	23	8	0	0	0	138
MON	26	6	8	32	36	39	24	16	18	20	13	11	14	11	4	3	255
TUE	27	9	6	20	27	25	12	23	8	20	24	27	20	17	7	2	247
WED	28	4	11	21	28	31	9	5	15	22	24	13	14	9	8	1	215
THU	29	8	7	12	28	26	3	11	18	23	20	16	11	7	3	4	197
FRI	30	7	15	10	32	27	19	9	11	15	20	11	13	8	6	0	203
SAT	31	1	5	11	15	7	9	17	10	17	14	19	10	0	0	0	135
TOTALS		242	305	648	855	851	486	442	532	563	638	537	399	233	130	58	6919

TRAINER ACTIVITY		OCT 2014	OCT 2015	YTD 2014	YTD 2015	GUEST TOTAL		
TOTAL ½ HOUR SESSIONS	117	13225	13759	130487	136659	CAREGIVER TOTAL	108	
TOTAL 1 HOUR SESSIONS	116					SCANNED ENTRIES	6414	
TOTAL FREE SESSIONS	158					GRAND TOTAL	13759	
TOTAL CLASSES TAUGHT	11			AEROBIC ROOM #'S	2100			
TOTAL PAID SGT CLIENTS	15			SHASTA ROOM #'S	1302	POOL CLASS TOTAL	1021	
TOTAL SGT SESSIONS	123			SIERRA ROOM #'S	1315			

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**SUMMARY REPORT
GOLDEN RAIN FOUNDATION
FITNESS CENTER ADVISORY COMMITTEE**

REPORT PREPARED BY:

Jeff Matheson, Resident Services Director

REQUESTED ACTION/RECOMMENDATION:

Consider recommendation to the GRF Board to add a facility use fee for Clubs that use Del Valle facilities for the purpose of conducting fee based classes or lessons.

BACKGROUND:

Several recognized Rossmoor Clubs currently reserve facilities at Del Valle for the purpose of conducting classes. The majority of these clubs do not charge a direct fee for members or residents who desire to participate. Some Clubs do require membership in the Club which may or may not have membership dues. Some clubs sponsor use of space for the purpose of providing members with private fee based lessons.

Currently, independent instructors are charged a facility use fee of \$10.00 per class session and are required to sign an agreement and provide proof of insurance.

RECOMMENDATION:

It is recommended that the FCAC recommend to the GRF Board that Clubs who sponsor fee based classes or lessons at Del Valle be required to have the instructor complete a facility use agreement and pay the \$10.00 facility use fee per class session. Clubs that sponsor free classes or lessons would not be subject to the facility use fee.

ALTERNATIVES AND OPTIONS:

- The FCAC can decide that no facility use fee be charged as is the current practice.

ATTACHMENTS:

None

**SUMMARY REPORT
GOLDEN RAIN FOUNDATION
FITNESS CENTER ADVISORY COMMITTEE**

REPORT PREPARED BY:

Jeff Matheson, Resident Services Director

REQUESTED ACTION/RECOMMENDATION:

Discussion regarding accomplishments in 2015 and an overview of 2016.

BACKGROUND:

The 2015 operating year is coming to a close. This past year has been a busy year for the Fitness Center and the FCAC. Attendance continues to increase, personal training revenue and appointments continue to grow, new technology has been implemented, new staffing for the front desk and fitness floor have been added, and new equipment purchased. Programs such as Pickleball have taken off and are growing rapidly. For the vast majority of the year the FCAC has focused on the studies completed by The Sports Management Group. The first study focused on operations and space needs while the second focused on schematic design options for a future renovation.

Attached to this report is a summary of the 2015 operating year from Masha Henzel, Fitness Supervisor. The attached report also provides a preview of some of the planning that is being done for 2016. Certainly the FCAC has the opportunity to provide input into programs, equipment, and operations for the 2016 operating year.

The ongoing study of the Del Valle Complex will certainly continue. The GRF Board will be discussing next steps in the coming months.

Policy wise, the FCAC and AAC will need to further discuss Guest Use Fees and provide a recommendation to the GRF Board. This topic was discussed in 2015 with a recommendation being provided to the Board. The Board has requested both the FCAC and AAC further discuss the issues involved with a guest use fee before any further action is considered.

RECOMMENDATION:

Review the summary of 2015 and projections for 2016 and provide any feedback or direction on programs, policy, equipment, or operations that the FCAC would like to discuss in 2016.

ALTERNATIVES AND OPTIONS:

Discussion only.

ATTACHMENT:

Summary from Masha Henzel, Fitness Supervisor

BACKGROUND: Currently the Fitness Center is managed with the philosophy of maximizing our allocated staffing resources to deliver classes, provide personal training (free, paid, and group), and provide coverage for the facility. Trainers are scheduled so they each have little down time between classes or training appointments. Fitness staff, Floor staff and Front Desk staff all wear bright blue uniforms with names and position that make them easily identifiable.

The philosophy of maximizing staffing resources and adding floor and front desk staffing has been successful. The fitness center has experienced growth in attendance (please see attendance report), class participation, and training appointments. With the ability to utilize additional space in the Delta Room and Sierra Room, the facility is easier to maneuver and has even more to offer.

It is the opinion of current management that personal training is one of the most vital aspects for providing a safe environment for residents to work out and meet their fitness goals. Residents come to the fitness center with a variety of backgrounds and conditions. For those that are new to working out or that have limitations it is critical for their safety and that of other users that they first meet with a personal trainer. The trainer gains information about the background of the resident and any limitations they may have. They also learn about their fitness goals. This interaction requires the Resident to complete some health history forms and have a release signed by their physician. Through this appointment the resident is provided with a tailored workout plan. They are shown proper techniques and use of equipment. They are provided a written plan with pictures. Each resident receives two free training appointments per year. It is then the choice of the Resident if they wish to make additional appointments on the new fee based arrangement.

- **Personal training fees were increased from \$50 to \$60 for one hour and from \$30 to \$35 per half hour. Below are data of personal training appointments January – October, 2014 vs 2015:**

Total numbers combined of Free, 30 min, 1 hour and SGT:

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Total
2014	440	377	447	475	482	374	421	445	484	458	4403
2015	514	371	458	478	460	445	380	409	424	391	4363

Numbers broken out:

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Total
½ HOUR 2014	124	119	165	175	170	122	119	142	148	178	1462
½ HOUR 2015	84	86	120	116	113	128	120	125	112	117	1121
1 HOUR 2014	54	63	80	89	101	74	78	88	105	113	845
1 HOUR 2015	65	72	117	116	97	101	95	113	88	116	980
FREE 2014	257	190	199	200	177	155	197	192	211	167	1945
FREE 2015	273	121	163	204	208	200	141	144	194	158	1806
SGT 2014	5	5	3	11	34	23	27	23	20	24	175
SGT 2015	92	92	58	42	42	16	24	27	30	15	438

New Floor staff has been excellent in providing coverage both on the floor and subbing land and aqua classes. Very few classes have been cancelled in 2015 compared to 2014.

- **New Front Desk staff** has created a more streamlined, efficient operation allowing trainers to do more work on the floor with residents. This staff has been instrumental in creating a warmer welcoming experience to the residents. Staff has been successful in using the new computer system providing the ability to have barcode scanners for residents. This has created more accurate files with waiver and release forms and other forms that may be need to utilize the facility and its training staff. The computer system will also allow for more accurate statistics as the system is better utilized and we can then learn how many residents actually use the facility.
- **Pickle Ball** has seen a dramatic rise in popularity and utilization of the indoor courts for play and tournaments. Rossmoor provides 8 paddles and 12 balls to check out for use by residents.
- **Basketball** has also seen a surge of interest and more and more residents both men and women are on the courts shooting hoops.
- **Swimming Saves Lives** has been a most important and very popular series at the Del Valle pools and the waiting list grow ever longer.
- **Yoga** has increased in attendance as more instructors offer more diverse approaches in the discipline. We look forward to offering pool yoga and a special combo class with balance and *ai chi* style yoga in the pool.
- **The increase in outside instructor fees has been overall successful.** Only 1 instructor discontinued their classes. The fee increase has covered the large numbers of equipment needed for classes in yoga, pool, and land aerobics classes, and allowed for newer and better equipment.
- **Equipment:**
 1. Friends of Rossmoor Fitness bought the fitness center a new TurboSonic whole body vibration machine.
 2. Some new benches and plates in the free weight room were added much to the delight of the users.
 3. New yoga blankets, mats, straps, and props to the joy of those classes.
 4. A whiteboard for outside instructors as teaching aid.
 5. New dumbbells for group exercise classes.

FUTURE OFFERINGS in 2016

- Staff will provide new classes and small group trainings in 2016
 1. Kettlebells
 2. Barre
 3. Kickboxing/Boxing Fusion class
 4. Aquatic High Intensity Interval deep water class
 5. Aquatic Circuit training shallow water class
 6. Aquatic Relaxation class
 7. Fall Prevention
 8. Balance
 9. Breathing
 10. Mobility and Gait

- Outside instructors will offer:
 1. Poolattes
 2. Ai Chi and Yoga in the pool
 3. Body in Balance pool class
 4. Mindful Stress Reduction – Embracing Disasters
 5. Chronic Disease Self-Management
 6. Spinal Health
 7. Essential Oils and Health
 8. Web resources to track exercise and nutrition

- Staff seminars and training
 1. Aquatics
 2. Essentials of Elite Performance
 3. Cardio Pulmonary Exercise and implications of current medications
 4. Shoulder Mobility
 5. Balance Mobility and Function
 6. Precision Nutrition
 7. Brain – cognitive and neural pathways
 8. Making Connections with the Older Brain
 9. New technology in programming – IPADS on the floor using new technology and better connectivity with resident clients
 10. New wearable technology education