

FITNESS CENTER ADVISORY COMMITTEE REPORT

REGULAR MEETING
WEDNESDAY, JUNE 10, 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, June 10, 2015, in the Board Room at Gateway Complex.

Present, in addition to the Chairman, were, Nancy Gracey Moschel, Secretary, Catherine S. Herdering, Virginia Lee Rapp, and Melvin C. Fredlund, GRF representative and ex-officio member. Barbara Leonard, Edson L. Montgomery, and Sherry S. Smith were excused. Also attending were Leslie Birdsall, President, and Mary Lou Delpech, Secretary, GRF; Jeffrey P. Matheson, Director of Resident Services; Masha Henzel, Fitness Supervisor; Joan R. (Jo) Jones, Chairman, Aquatics Advisory Committee; and eleven residents.

Attendance

The Chairman welcomed new GRF Board representative, Mr. Fredlund. She also thanked outgoing Committee member Ms. Moschel.

Chairman's
Welcome
and Thank

The report of the special joint meeting of the Aquatics Advisory and Fitness Center Advisory Committees held on May 13, 2015, was accepted as corrected to reflect that during the Residents' Forum, Jiayi Zhou stated that the women's locker room needs to be 2 to 3 times larger than the men's locker room, not 2 to 4 times larger.

You/
Report
Approved
as

The Chairman then reported that there were 13,118 visits to the Fitness Center in May.

Corrected/
Chairman's
Report

The following residents spoke during Residents' Forum:

Residents'
Forum

- Marjorie J. McArthur said the tap dance groups have been around for 29 years, mirrors should be put up in the Shasta Room, and that the groups need good floors and better HVAC.
- Mark H. Berenson told the Committee the tap dancers need a room like the Shasta Room.
- Kerin A. Baker reminded the Committee that the tap dance groups were Rossmoor ambassadors around the Bay Area.
- Betty C. Valente reported that tap dance groups did wonders for her conditioning.
- Ms. Jones announced that the June meeting of the Aquatics Advisory Committee meeting was cancelled.

- Mary A. England asked who the Mission Subcommittee members would be. She was told the Subcommittee would be made up of members of the AAC and the FCAC.
- Roxanne Stallings asked the following: 1) what are the large and small groups that use the Fitness Center rooms; 2) what are the clubs that have professional instructors that should be charged a per class fee; and 3) what is the expected impact on clubs by a \$5 guest fee.

Ms. Moschel reported that at the GRF Board meeting on June 9th, the Board informally gave the Del Valle renovation project its highest priority. The Board also selected "addressing pickle ball" as one of its 5 top goals. The adoption of goals will be considered at the June 25th GRF Board meeting.

GRF Board Report

Mr. Matheson reported that staff is gathering data for future evaluation of the closing hour of the Fitness Center during the week.

Staff Report

Information was presented to the Committee about the use of the Del Valle Complex by recognized Rossmoor Clubs. This included background information, a list of clubs, and issues and questions. Clubs were said to generally fall into the categories of fitness, private lessons, and rehearsals.

Rossmoor Clubs

The Chairman announced that she, Ms. Herdering, and Ms. Rapp would represent the FCAC on the Joint Subcommittee to discuss the mission statement, objectives and space needs for the Del Valle Complex.

Joint Subcommittee Appointees

Ms. Moschel asked about the status of the key fob project. Mr. Matheson said the equipment and software are available, but the membership information has to be gathered from Fitness Center files.

from FCAC/Key Fob Project

In response to a question asked during the Residents' Forum, Mr. Matheson said that the issue of the guest fee was referred back to the Aquatics Advisory and the Fitness Center Advisory Committees by the GRF Board and will come up for further discussion in the future.

Status/Guest Fee

Following discussion, it was decided to give the Chairman the option of having an "open mike" for residents at the end of meetings with a three minute limit, provided residents did not repeat what a resident may have said in the earlier Residents' Forum. The following residents spoke:

"Open Mike" Session

- Mr. Berenson, Ms. Baker, and Ms. Jones all commented that dance was exercise of both the mind and body even if it was partly rehearsal time.
- Mrs. McAuthur commented that mirrors were important to learning dances.

- Mr. Birdsall said there was no firm idea of plans for Del Valle. He thanked the Committee for its work and input into the planning process.
- Kathleen M. Epperson said all clubs using any Del Valle rooms should be listed in the club review.
- Ms. Stallings appreciated the club report and the end of the meeting "Open Mike" session.
- Ms. England asked how residents would communicate with the Subcommittee. It was noted that the Subcommittee would give a report at the special joint meeting of the FCAC and AAC in July, but that communications could be sent to the GRF Board Office and to the Board via e-mail.
- Jiayi Zhou expressed his view that the mission statement should be developed by the GRF Board.

The next meeting will be a special joint meeting of the Fitness Center Advisory and the Aquatics Advisory Committees on Wednesday, July 8, 2015, in the Donner Room at the Event Center.

Next Mtg.
7/8/15

The meeting was adjourned at 10:30 a.m.

Adjourn-
ment


Claudia Tierney, Chairman
Fitness Center Advisory Committee

NGM/kv

Attachment: Fitness Center Statistics