

A G E N D A

FITNESS CENTER ADVISORY COMMITTEE

REGULAR MEETING WEDNESDAY, NOVEMBER 9, 2016 AT 9:30 A.M. **BOARD ROOM AT GATEWAY COMPLEX**

1. MEETING CALLED TO ORDER: Claudia Tierney, Chairman
2. ROLL CALL: Tierney, Herdering, Smith, Green, Howard, Leonard, Rapp and Fredlund, ex-officio member
3. APPROVAL OF REPORT OF SEPTEMBER 7, 2016 (Attachment)
4. CHAIRMAN'S REPORT
 - a. Monthly attendance reports for October 2016 (Hand-out at meeting)
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
 - a. Update regarding the Fitness Center Remodel Project
 - Controlled access system/reception desk
 - Equipment list and layout design
 - Review of finishes
 - Temporary facilities
 - Classes and programs for 2017 during construction
 - Bid Alternates
 - Schedule
10. NEW BUSINESS
11. ADJOURNMENT
12. NEXT MEETING: Wednesday, January 11, 2017, at 9:30 a.m. in the Fairway Room at Creekside Clubhouse

CT/kv

cc: GRF Board

FITNESS CENTER ADVISORY COMMITTEE REPORT

REGULAR MEETING

WEDNESDAY, SEPTEMBER 7, 2016, 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, September 7, 2016, in the Board Room at Gateway Complex.

Present, in addition to the Chairman, were Sherry S. Smith, Secretary, Charlotte A. Howard, Barbara Leonard, Virginia Lee Rapp, and Melvin C. Fredlund, GRF representative and ex-officio member. Catherine S. Herdering and Carol A. Green were excused. Also attending were Leslie Birdsall, President, GRF; Jeffrey P. Matheson, Director of Resident Services; and Fred Ponce, Construction Project Manager for the Del Valle Complex Renovation Project.

Attendance

The report of the Committee's regular meeting of August 10, 2016, was approved as written.

Report
Approved

The Chairman reported that there were 15,929 total visits to the Del Valle Fitness Center for the month of August. For the total facility, there were 21,335 visits.

Chairman's
Report

Mr. Matheson and Mr. Ponce presented handouts with drawings and led a discussion regarding the proposed entry and reception counter for the renovation of the Del Valle Fitness Center. Mr. Matheson reported that he'd visited other fitness centers in the area and found that each had a prominent reception desk instead of physical barriers such as a turnstile. After much discussion, the members of the FCAC decided that a more secure area would be preferable in an effort to deter unauthorized outsiders and authorized users who attempt to enter without swiping/signing in. There was also concern expressed about the entry and exit areas being the same. The Committee ultimately agreed with the plan, as presented, with the following two recommendations:

Update on
Del Valle
Complex
Renovation
Project

1. A dedicated area for exiting the facility with the addition of some kind of exit barrier to prevent users from entering the exit area.
2. Some kind of a "beeping system" to alert staff to unauthorized users and authorized users who try to avoid swiping/signing in.

Mr. Matheson and Mr. Ponce presented handouts and drawings, and then led a discussion of the phasing options. Mr. Matheson said that the goal is to keep the programs active during construction, which should take 11-12 months. Mr. Ponce said that there would be three phasing options consisting of a preparation phase and two construction phases. The alternative would be to house administration, rest rooms, aerobics and stretch, and fitness equipment in triple-wide modulars on part of the parking lot during construction. Classes would be held in other locations during the time of construction. For a variety of reasons, the Committee members

Phasing
Options for
Del Valle
Complex
Renovation
Project

determined that the parking lot option would be the best temporary solution.

A motion was made by Ms. Leonard, seconded by Ms. Rapp, and CARRIED UNANIMOUSLY to recommend using the parking lot option to the GRF Board.

The Committee members were asked to review the proposed revisions to Rule R102.0, Fitness Center Access and Use, and the proposed revisions to the Fitness Center Guidelines.

Following discussion, a motion was made by Ms. Smith, seconded by Ms. Leonard, and CARRIED UNANIMOUSLY to recommend sending the proposed revisions to Rule R102.0, Fitness Center Access and Use, to the Policy Committee for review and consideration.

The Policy Committee does not review/consider revisions to the Fitness Center Guidelines as this document is reviewed/revised by the FCAC.


The Chairman adjourned the meeting at 11:05 a.m.

The next regular meeting of the FCAC will be held on Wednesday, October 12, 2016, at 9:30 a.m. in the Fairway Room at Creekside Clubhouse.

Recom-
mendation
to GRF
Board re.
Phasing
Option/
Rule
R102.0

Recom-
mendation
to Send
Rule
R102.0 to
Policy
Committee

Adjourn-
ment/
Next Mtg.
10/12/16



Claudia Tierney, Chairman *PS*
Fitness Center Advisory Committee

SSS/kv

Attachment: Fitness Center Statistics