

FITNESS CENTER ADVISORY COMMITTEE REPORT

REGULAR MEETING WEDNESDAY, AUGUST 10, 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, August 10, 2016, in the Board Room at Gateway Complex.

The Chairman began the meeting by welcoming Ms. Howard to the Committee.

C. Howard
Welcomed/
Attendance

Present, in addition to the Chairman, were Catherine S. Herdering, Vice Chairman, Sherry S. Smith, Secretary, Carol A. Green, Charlotte A. Howard, Barbara Leonard, Virginia Lee Rapp, and Melvin C. Fredlund, GRF representative and ex-officio member. Also attending were Leslie Birdsall, President, Mary Lou Delpech, Secretary, and Geraldine Pyle, Director, GRF; Jeffrey P. Matheson, Director of Resident Services; Masha Henzel, Fitness Supervisor; and one resident.

The report of the Committee's regular meeting of July 13, 2016, was approved as presented.

Report
Approved

The Chairman reported that there were 20,041 total visits to the Fitness Center and pools for the month of July. Of this number, 14,729 represents the total number of visits to the Fitness Center. There were also 1,889 unique scans.

Chairman's
Report

Ms. Henzel reported that Treadmill #7 is still down, and the Vibraflex machine is not working.

Staff Report

Mr. Matheson announced that preparation of construction plans for the Del Valle Renovation Project is in process. Also in process are plans for phasing, cost estimates, and consideration of the additional alternatives. He reported that there will be a presentation before the GRF Board of Directors at its September meeting.

Update on
Del Valle
Complex
Renovation
Project/

Mr. Matheson led a review of Rule R102.0, Fitness Center Access and Use, as revised by the FCAC Rules Subcommittee.

Rule
R102.0

After discussion and further revision, a motion was made by Ms. Leonard, seconded by Ms. Green, and CARRIED UNANIMOUSLY to recommend that Rule R102.0, Fitness Center Access and Use, as revised, be referred to the Policy Committee for review and consideration.

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

Ms. Smith suggested that every user of the Fitness Center be given a copy of the revised rules.

The Committee agreed to print the "5 minute use or lose your turn" reminder for the cardio machines on top of each page of the sign-up sheets for each machine. The purpose of this is to remind users to begin use of the cardio machine, for which they are signed up, within 5 minutes of the machine being vacated. The placement of reminder notices should happen in the next two weeks.

Reminder
Notices for
Cardio
Machines

The Chairman adjourned the meeting at 10:38 a.m.

Adjourn-
ment/
Next Mtg.
9/7/16

The next regular meeting of the FCAC will be held on Wednesday, **September 7, 2016**, at 9:30 a.m. in a location to be determined.



Claudia Tierney, Chairman
Fitness Center Advisory Committee

SSS/kv

Attachment: Fitness Center Statistics