

A G E N D A

FITNESS CENTER ADVISORY COMMITTEE

REGULAR MEETING

WEDNESDAY, APRIL 13, 2016, AT 9:30 A.M.

FAIRWAY ROOM – CREEKSIDE 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 MARCH 9, 2016 (Attachment)
4. CHAIRMAN'S REPORT
 - a. Monthly attendance reports for March 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. Consider recommendation to the GRF Board to approve the schematic plans for the Fitness Center renovation project, including the alternate options, to the extent the items are within the overall target budget of \$10 million. (Attachment)
10. NEW BUSINESS
11. ADJOURNMENT
12. NEXT MEETING: Wednesday, May 11, 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, MARCH 9, 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, March 9, 2016, in the Board Room at Gateway Complex.

Present, in addition to the Chairman, were Barbara Leonard, Vice Chairman, Sherry S. Smith, Secretary, Catherine S. Herdering, Edson L. Montgomery, and Melvin C. Fredlund, GRF Board representative and ex-officio member. Carol A. Green was absent. Virginia Lee Rapp was excused. Also attending were Mary Lou Delpech, Secretary, and Geraldine Pyle, Director, GRF; Timothy O'Keefe, CEO; Jeffrey P. Matheson, Director of Resident Services; Masha Henzel, Fitness Supervisor; David Petta, Principal, ELS Architecture and Urban Design (ELS); Lauren Livingston, Principal, The Sports Management Group (TSMG); Scarlet Entwistle, Intermediate Designer, ELS; and three residents. Attendance

The report of the Committee's regular meeting of February 10, 2016, was approved as presented with one correction. Report Approved

The Chairman reported that there were 15,087 visits to the Fitness Center in February. Chairman's Report

Ms. Henzel reported that all equipment is in good working order. Ms. Smith withdrew her motion of February 10, 2016, to request that the GRF purchase a new treadmill suitable for running, given that the treadmill that was waiting for parts is now repaired. Staff Report

Mr. Petta presented initial design plans for the Del Valle Complex renovation. Committee members reviewed the plans and provided feedback. Ms. Livingston discussed plans for promotion and publicity of the renovation. She presented a logo to brand the project for the purpose of bringing attention and good will to it. She is working with Maureen O'Rourke, Rossmoor News Editor, to develop a web site specific to the renovation. There will be an open house for the Rossmoor community on April 5, 2016, from 4:00 p.m. to 7:00 p.m., at the Del Valle Complex, to introduce residents to the designs and renovation process. The theme will be "New Us, New You". Del Valle Design Plans Presented

Mr. Matheson provided an update from the joint FCAC and AAC (Aquatics Advisory Committee) Subcommittee regarding guest fees for the Del Valle Complex. A goal is to identify as many variables as possible. The Subcommittee members will also be contacting other retirement communities for information on how those communities handle guest fees. Ms. Tierney acknowledged that this is a very complex project. Update on FCAC & AAC Sub-Committee

Fitness Center Advisory Committee
Regular Meeting

-2-

March 9, 2016

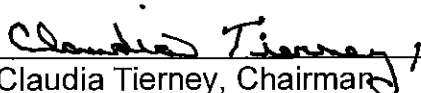
Mr. Montgomery asked for feedback on the handout he provided last month outlining the various sports and activities in Rossmoor where participants could benefit from exercises and classes taught at the Del Valle Complex. Ms. Henzel suggested the possibility of a quarterly newsletter. Articles in the Rossmoor News were also suggested. Ms. Delpech mentioned that there is a group for physically challenged golfers being taught at the golf course, with plans to consult with Ms. Henzel and other Fitness Center staff regarding a specific fitness program.

Handout
Re. Sports
& Activities
In Rossmoor

The Chairman adjourned the meeting at 10:45 a.m.

Adjourn-
ment/
Next Mtg.
4/13/16

The next regular meeting of the FCAC will be held on Wednesday, April 13, 2016, at 9:30 a.m. in the Fairway Room at Creekside Complex.



Claudia Tierney, Chairman PJ
Fitness Center Advisory Committee

SSS/kv

Attachment: Fitness Center Statistics

***SUMMARY REPORT
FITNESS CENTER ADVISORY COMMITTEE***

REPORT PREPARED BY:

Jeff Matheson, Resident Services Director

REQUESTED ACTION/ RECOMMENDATION:

Consider recommendation to the GRF Board to approve the schematic plans for the Fitness Center renovation project, including the alternate options, to the extent the items are within the overall target budget of \$10 million.

BACKGROUND:

At the January 28, 2016 meeting of the GRF Board, the Board authorized the CEO to execute an agreement with ELS Architecture and Urban Design to complete the plans for the renovation of the Del Valle Clubhouse. The Board also indicated that the design should be prepared based on an overall budget up to \$10 million including all related expenses.

ELS proposed a schedule that included the following phases:

- Completion of the schematic design phase
- Completion of the design development phase
- Completion of construction documents
- Bidding and contract award
- Construction
- Project closeout

At the conclusion of the schematic design phase and the design development phase there is to be a presentation to the Board to provide a status report and to seek authority to continue to the next phase. ELS and their sub consultants have been working on the schematic design phase for the past few months. This work has included extensive outreach to seek input on the design. The design team has:

- Met with Fitness staff numerous times to discuss various design and programming options.
- A meeting was held with Clubs and independent instructors.
- Two presentations were made to the FCAC.
- A website with project information has been established.
- An open house was held to provide updated information to the community and to seek further input and feedback.

Based on the input received ELS has prepared the attached base schematic design and has identified six significant alternates that can be added based on cost estimates currently being prepared. The alternate items include the following:

Add Alternate No. 1: Raise the Roof, Fitness Room. Demolish approximately 3,000 square feet of roof in the Fitness Room and install a new roof about 8' higher, with clerestory windows all around. Remove and relocate 3 columns and extend 3 existing columns; relocate mechanical, electrical and sprinklers in the affected area. Add cantilevered entry canopy. Note that removal and replacement of rooftop mechanical equipment is a part of the Base Design, not this Alternate.

Add Alternate No. 2: Add Multi Use Room B Windows. Cut new full height window openings into the south wall of Multi Use B. Add vertical sunscreen louvers at the upper windows and horizontal trellis to shade the lower windows. Provide steel tubes and headers at the new openings and strengthen the remaining shear walls as required for lateral bracing. Note that demolition of the existing porte cochere, covered walkway and entry doors are a part of the Base Design.

Add Alternate No.3 : Reconfigure Pool Equipment Room. Rearrange pool equipment to remove the "L" that restricts the layout of the reception counter.

Add Alternate No. 4: Relocate Multi Use B Storage & Mechanical Equipment. Demolish existing storage room and mechanical mezzanine. Provide new storage room at the north wall of Multi Use Room B to achieve a more functional room configuration. Locate new mechanical equipment on the high roof; extend new ducts from the new location; and strengthen roof as required. Note that the replacement of mechanical equipment in the current location is a part of the Base Design, not this Alternate.

Add Alternate No. 5. Expand Building Footprint in 2 Areas. Fully enclose 2 small outdoor areas that are currently partially enclosed: 1.) Southside, outside the Women's Restroom and adjacent to the porte cochere and aerobics studio; 2.) Northside, outside the kitchen corridor service door.

Add Alternate No. 6. Relocate Fire Sprinkler Riser. Move existing riser approximately 5 feet, so it is enclosed in a new closet next to the Pilates Studio.

ELS has Sierra West Cost Consulting as a sub consultant in order to prepare estimates of probable construction cost. Sierra West will provide estimates for each of the options listed above. Actual cost of the improvements will not be known until the project is eventually put out to bid to potential general contractors.

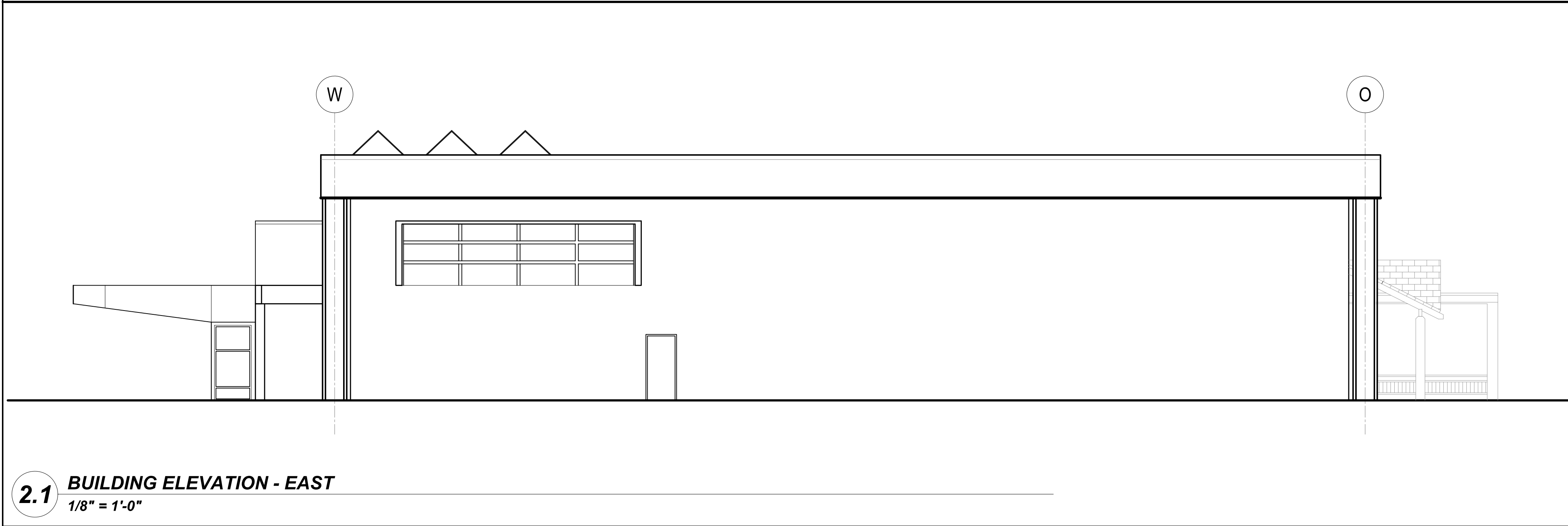
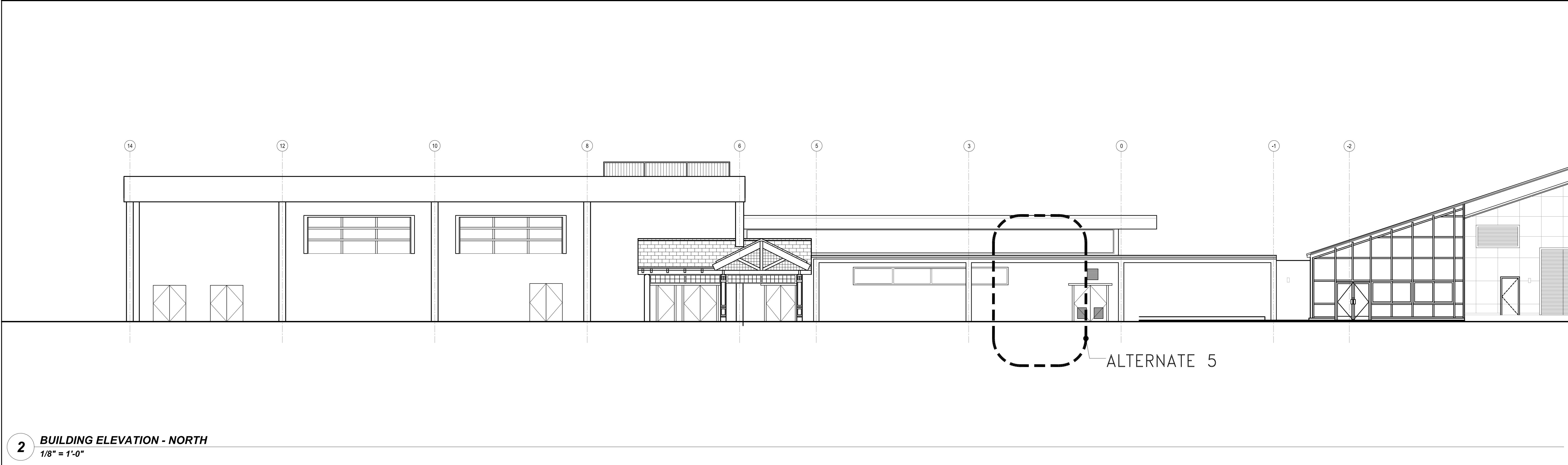
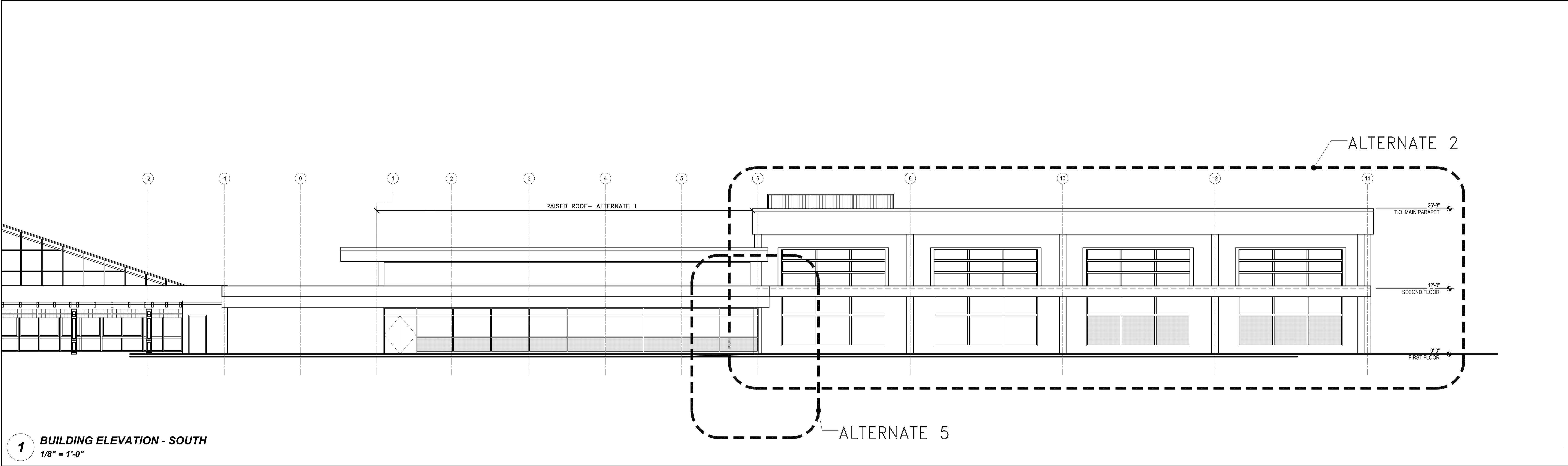
The next phase of the process is the Design Development Phase. The design development phase will involve the refinement of the design based on decisions made during the schematic design phase. Further work will be done on the specifications for specific spaces such as the studios, entry, fitness floor, etc. This process will conclude with a presentation to the Board with a recommendation to approve a final design. Prior to the presentation to the Board the design team will meet with the Fitness Advisory Committee, Fitness Staff, and clubs and contract instructors.

ALTERNATIVES:

The FCAC can recommend additional modifications to the proposed schematic plans.

ATTACHMENTS:

Proposed schematic plans and elevations including six add alternates



KEY NOTES	
1	VISION GLASS TYP.
2	SOLID PANEL
3	TRANSLUCENT GLAZING

SHEET NOTES	
ALTERNATE 1: RAISED ROOF ON FITNESS AREA TO EXTEND 2 BAYS	
ALTERNATE 2: (N) GLAZING ON SOUTH FACADE	
ALTERNATE 5: ADDITION TO ENCLOSED SPACE	

ELIS

ARCHITECTURE AND URBAN DESIGN

2040 ADDISON STREET, BERKELEY, CA 94704

P 510.545.2929 F 510.843.3304

WWW.ELSARCH.COM

PROJECT:

Renovation Del Valle Fitness Center

1751 TICE CREEK DR, WALNUT CREEK, CA 94595

CLIENT:

Golden Rain Foundation (GRF)

800 Rockview Drive, Walnut Creek, California 94595

PROJECT NUMBER:

201504

CONSULTANTS:

STRUCTURAL:

KPFF CONSULTING ENGINEERS

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28TH FLOOR

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POOL:

AQUATIC DESIGN GROUP, INC.

2226 PARADAY AV.

CARLSBAD, CA 92008

P (800) 938-0542

WWW.AQUATICDESIGNGROUP.COM

KEY PLAN:

REVISIONS:

ISSUE:

PRELIMINARY DESIGN

DATE:

MARCH 25, 2016

NOT FOR CONSTRUCTION

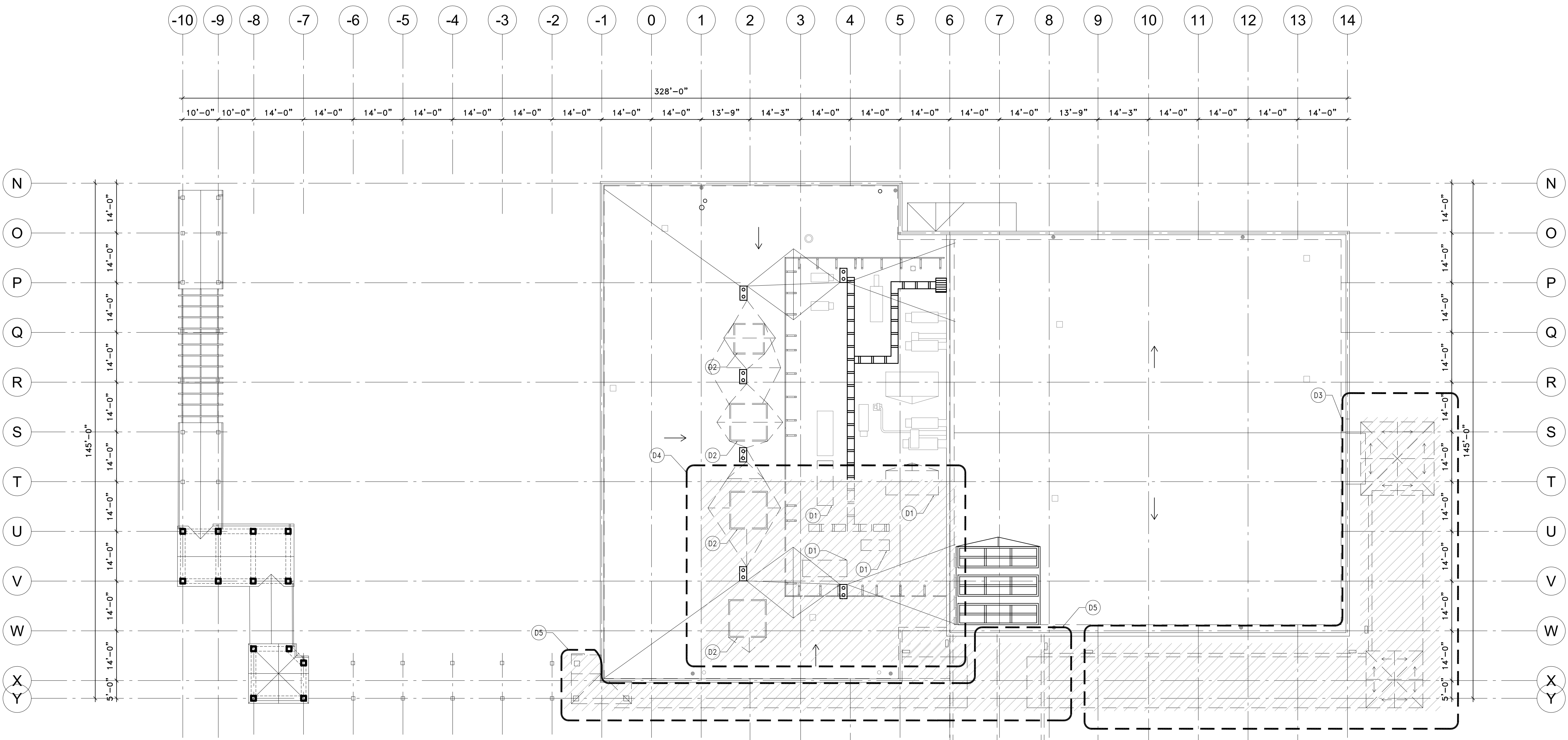
SHEET TITLE:

BUILDING ELEVATIONS

SHEET NUMBER:

A201

9a-4



2 DEMOLITION ROOF PLAN
1/16" = 1'-0"

DEMOLITION NOTES

- (D1) (E) MECHANICAL EQUIPMENT TO BE REMOVED
- (D2) (E) SKYLIGHT TO BE REMOVED
- (D3) ALTERNATE 2 DEMOLITION AREA
- (D4) ALTERNATE 1 DEMOLITION AREA
- (D5) BASE PLAN DEMOLITION AREA

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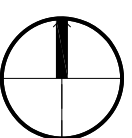
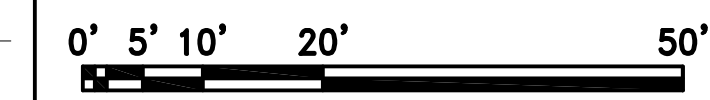
DATE:
MARCH 25, 2016

NOT FOR CONSTRUCTION

SHEET TITLE:
**DEMOLITION
ROOF PLAN**

SHEET NUMBER:

A202





ALTERNATE 1: RAISED ROOF ON FITNESS AREA TO EXTEND 2 BAYS
ALTERNATE 2: (N) GLAZING ON SOUTH FACADE
ALTERNATE 3: POOL EQUIPMENT ROOM TO CHANGE LAYOUT
ALTERNATE 4: (E) MECHANICAL EQUIPMENT ON MULTI USE B TO B1
ALTERNATE 5: ADDITION TO ENCLOSED SPACE

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KEY PLAN:

REVISIONS:

ISSUE: **PRELIMINARY DESIGN**

DATE: **MARCH 25, 2016**

NOT FOR CONSTRUCTION
SHEET TITLE:
**ADD ALTERNATES
FLOOR PLAN
LEVEL 1**

SHEET NUMBER: _____

A211

