

## FITNESS CENTER ADVISORY COMMITTEE REPORT

REGULAR MEETING  
WEDNESDAY, JANUARY 11, 2017, 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, January 11, 2017, in the Fairway Room at Creekside Clubhouse.

Present, in addition to the Chairman, were Catherine S. Herdering, Vice Chairman, Attendance Charlotte A. Howard, Barbara Leonard, Virginia Lee Rapp, and Melvin C. Fredlund, GRF representative and ex-officio member. Sherry S. Smith and Carol A. Green 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; and five residents.

The report of the Committee's regular meeting of November 9, 2016, was approved Report as written. Approved

The Chairman reported that there were 14,034 total visits to the Fitness Center for Chairman's the month of December 2016 and a total of 4,603 memberships. Report

An e-mail was submitted by Ms. Smith regarding three items:

Correspon-  
dence and  
Announce-  
ments

1. There are signs at the stretching tables asking people to take their shoes off before using. Ms. Smith noted that she and others had noticed two trainers who did not ask their clients to remove their shoes.

*Ms. Henzel reported that the issue has been resolved as the trainers have been asked to comply with the signs.*

2. The Wall of Fame pictures/biographies are several years old.

*Both Ms. Howard and Ms. Rapp volunteered to work on this project; however, it was suggested that the Wall of Fame not be updated until a new wall is designated near the entrance of the remodeled Fitness Center.*

3. Lowering the age of guests to 16.

*After some discussion, the Committee decided to add this item to New Business for its February 8, 2017, meeting.*

Ms. Henzel reported that the Department is getting ready to move into the modular Staff buildings during construction, and one machine is down but will not be replaced Report until later.

Ms. Rapp suggested that any rule changes be introduced after the opening of the newly remodeled Fitness Center. Ms. Howard and Ms. Rapp will both work on updating the Wall of Fame when a new space is designated in the remodeled building. Subcommittee Reports

During the Residents' Forum, Claire L. Wolfe brought up the issue of lowering the age of guests to 16. This matter will be on the agenda for the Committee's February 8<sup>th</sup> meeting. Residents' Forum

Mary A. England reported that last November she was teaching a CPR class at a local John Muir Orthopedic Clinic and was impressed with the drinking water and hand washing facilities designed especially for infection control. She recommended making a proposal for these type facilities in the new Fitness Center. Mr. Matheson said that some of these things are already planned; however, from an operation maintenance standpoint, they don't work as well as other items.

Richard L. Schlenker expressed concern about the square footage of the new facility and concern about purchasing new equipment. Mr. Matheson responded that the GRF Board has not actually approved a construction budget yet, and new equipment and furnishings are being estimated and included.

Ms. Leonard read an e-mail from Ms. Green, who was unable to attend the meeting. Ms. Green wrote that she is not sure the current plan allows enough space for functional training. She suggested that space be taken away from one of the pickleball courts. Mr. Matheson said that there is space planned for such activities in one area in the building. Update on Del Valle Complex Renovation Project

Mr. Matheson then reviewed the history of planning for the Fitness Center remodel. He said that bids have been requested from an unidentified group of general contractors who have worked on Rossmoor buildings or who have expertise with fitness centers. Bids are due by January 26<sup>th</sup>, but the deadline date may be moved to February 2<sup>nd</sup>. A bid may be awarded by the GRF Board of Directors on February 14<sup>th</sup>. The final equipment list will be known later on and will depend on the budget. Staff is working with Active Wellness to select appropriate equipment for the Fitness Center.

Mr. Birdsall mentioned that the GRF Board appreciates everything that has been done to get Fitness Center rebuilt and that the Fitness Center Advisory Committee bears much of that responsibility.

Mr. Matheson discussed the recommendation of the Joint Subcommittee of the FCAC and Aquatics Advisory Committee (AAC) regarding guest fees for the Del Valle Complex. The Subcommittee recommended that each member be provided with 10 free guest passes each year. The guest passes would not roll over from year to year. A fee of \$10/visit would be charged for additional guest passes. Additional passes could be purchased in groups or on an individual basis. Discussion re. Guest Passes

Following discussion, a motion was made by Ms. Leonard and seconded by Ms. Rapp to recommend to the GRF Board that it accept the recommendation of the FCAC and AAC Joint Subcommittee regarding guest fees. The vote on the motion was taken, and the motion CARRIED UNANIMOUSLY.

Recom-  
mendation  
to GRF  
Board re.  
Guest  
Passes/  
New  
Business

The matter of lowering the guest age to 16 will be discussed under "New Business" at the Committee's next meeting.

The Chairman adjourned the meeting at 11:00 a.m.

Adjourn-  
ment/  
Next Mtg.  
2/8/17

The next regular meeting of the FCAC will be held on Wednesday, February 8, 2017, at 9:30 a.m. in the Board Room at Gateway Complex.

Claudia Tierney / ps  
Claudia Tierney, Chairman  
Fitness Center Advisory Committee

CAH/kv

Attachment: Fitness Center Statistics