

FITNESS CENTER ADVISORY COMMITTEE REPORT

REGULAR MEETING
WEDNESDAY, MARCH 14, 2018, 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 14, 2018, in the Board Room at Gateway Complex.

Present, in addition to the Chairman, were Catherine S. Herdering, Vice Chairman, Sherry S. Smith, Secretary, Carol A. Green, Charlotte A. Howard, Virginia Lee Rapp, and Melvin C. Fredlund, ex-officio member and GRB representative. Also attending were Jeffrey P. Matheson, Director of Resident Services; and Julie Van Dusen, Fitness Supervisor; Javier Ramon, Sound and Lighting Technician; and five residents.

Attendance

The report of the Committee's regular meeting of February 14, 2018, was approved with one amendment.

Report
Approved

Ms. Smith read correspondence from a resident regarding use of the Pilates Reformers.

Resident
Coore-
pondence/

Ms. Van Dusen announced that all trainers are fully booked for three weeks out. Therefore, there have been no floor assignments. She expects this to change in about four weeks. Mr. Matheson announced that the turnstiles have started tracking entries into the fitness center.

Staff
Report

Ms. Howard reported that there should be an article on the new resident for the Wall of Fame in next week's Rossmoor News. Ms. Green said that she has \$188.88 from a Committee no longer in existence and will reimburse Ms. Howard for personal money spent for the Wall of Fame. The remainder will be donated to the Golden Rain Foundation. Mr. Matheson said that this money will be used to offset further expenses associated with the Wall of Fame.

Wall of
Fame

During the Residents' Forum, five residents and Board member Birdsall spoke on safety issues in the women's locker room and confusion regarding the use of the Pilates Reformers.

Residents'
Forum

Per Mr. Matheson, the HVAC system and lighting adjustments remain a problem and are being addressed. He also announced that more than 3,500 residents have registered. The access control system should be operational by April.

HVAC,
Lighting,
and Access
Control
Update/

Ms. Van Dusen and Mr. Ramon distributed a handout on the Tice Creek Fitness Center website, which is still a work in progress. It should be available to the public by April 1. They reviewed a PowerPoint presentation on the website, a review of the MindBody app for the fitness center, a demonstration of the Matrix Console, and planned training opportunities. Ms. Van Dusen discussed class schedules, personal and small group training, assessments, and floor coverage. She said that there are currently eighty-three classes offered. They will be reassessed quarterly. She also said that there are plans for demonstrations on machines and functional equipment.

Presentation
on Fitness
Center
Website

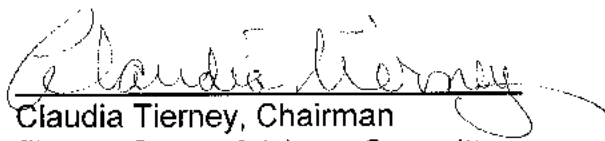
Per Ms. Van Dusen, the policy on the use of Pilates Reformers is still a work in progress. The use of them has been an ongoing issue.

Pilates
Reformers
Policy/
Adjourn-
ment/

The Chairman adjourned the meeting at 11:15 a.m.

The next regular meeting of the FCAC will be held on Wednesday, April 11, 2018, at 9:30 a.m. in the Fairway Room at Creekside Complex.

Next Mtg.
4/11/18


Claudia Tierney, Chairman
Fitness Center Advisory Committee

SS/dr