

FITNESS CENTER ADVISORY COMMITTEE REPORT

REGULAR MEETING
WEDNESDAY, MAY 9, 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, May 9, 2018, in the Board Room at Gateway Complex.

Present, in addition to the Chairman, were Catherine S. Herdering, Vice Chairman, Carol A. Green, Virginia Lee Rapp, and Melvin C. Fredlund, ex-officio member and GRB representative. Sherry S. Smith, Secretary, and Charlotte A. Howard were excused. Also attending were Geraldine Pyle, President, GRF; Jeffrey P. Matheson, Director of Resident Services; Julie Van Dusen, Fitness Manager; and four residents.

Attendance

Ms. Green requested a correction to the report of the Committee's April 11, 2018. She asked that details be added to the report regarding the resident request to open the Tice Creek Fitness Center at 5:30 a.m. rather than 6:00 a.m., which was denied. Specifically, the request was for early opening only on days when the temperature was below 38 degrees, with an agreement that people allowed in would wait quietly inside the entrance until 6:00 a.m. before entering the gates. Denial was based on the reasoning that this would create extra responsibility for staff, who need the time to ready the facility for the day, and that despite the agreement, people could enter the gym unsupervised, creating safety and liability issues.

Denied
Request for
Correction
to Report

The report of the Committee's regular meeting of April 11, 2018, was approved as written.

Report
Approved

The Chairman reported there were 24,885 visits to the Fitness Center in April. This number includes pool numbers as there is no way yet to separate pool from fitness visits. This will be possible once the access system is functioning, perhaps by June.

Chairman's
Report

There was no correspondence.

Ms. Van Dusen reported she has approved 26 waivers to use the Pilates equipment independently. Demonstrations on the new equipment are being given twice a week and averaging 26 residents. Classes to demonstrate the new website and app have begun, showing people how to register for fitness classes remotely. Eventually, there will also be laptops in the gym for registration. Residents have been complaining about the caps on numbers for popular classes, but this is necessary for safety with large numbers.

Staff
Reports

Mr. Matheson reported that all ten of the Fitness Center renovation projects recommended by FCAC, as well as the glass door for the Pilates studio, were approved by the GRF Board at its April meeting. Time needs to be allowed for these projects to be sent to bid, contractors selected, and the work to be done.

There were no speakers for the Residents' Forum and no Unfinished Business.

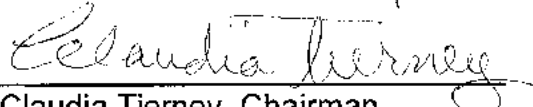
Under New Business, a subcommittee reviewed the Fitness Center rules and guidelines and recommended updates appropriate for the new facility. It was suggested that Rule 16 regarding attire be added to Guideline 7 (which duplicates it), with the addition of "closed toe" to "athletic shoes." Guideline 8 should add trampoline to the list of equipment requiring socks with grip and no bare feet. As a safety consideration, Ms. Rapp suggested that a screening program for TRX be developed, just like the now implemented screening for the Pilates equipment.

Updates
re. Fitness
Center
Rules and
Guidelines

The Chairman adjourned the meeting at 10:05 a.m.

Adjourn-
ment/
Next Mtg.
6/13/18

The next regular meeting of the FCAC will be held on Wednesday, June 13, 2018, at 9:30 a.m. in the Board Room at Gateway Complex.



Claudia Tierney, Chairman
Fitness Center Advisory Committee

CT/dr