FITNESS CENTER ADVISORY COMMITTEE REPORT

REGULAR MEETING
WEDNESDAY, FEBRUARY 11, 2015, 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, February 11, 2015, in the Board Room at Gateway Clubhouse.

Present, in addition to the Chairman, were Barbara Leonard, Vice Chairman, Nancy Gracey Moschel, Secretary, Catherine S. Herdering, Edson L. Montgomery, Virginia Lee Rapp, Sherry S. Smith, and Alice S. Lau, GRF representative and ex-officio member. Also attending were Mary Lou Delpech, Director, GRF; Jeffrey P. Matheson, Director of Resident Services; Masha Henzel, Fitness Supervisor; and three residents.

The report of the Committee’s meeting of January 14, 2015, was accepted as presented.

The Chairman reported that the GRF Board had voted to hire the Sports Management Group of Berkeley to consult on the Del Valle Complex renovation.

The Chairman announced that Virginia Rapp and Sherry Smith volunteered to do publicity. Barbara Leonard reported on current publicity items.

Mr. Matheson reported that there were 13,806 visits to the Fitness Center in January 2015 including 349 guests, 87 caregivers and 1,077 in pool classes taught by Fitness staff.

Ms. Henzel reported that one whole-body vibrator was down. Thanks to a donation by Friends of Rossmoor Fitness, a third whole body vibrator is on order.

During the Residents’ Forum, Jaiyi Zhou asked that the Lost and Found at the Fitness Center and Pool be better organized. Ms. Henzel gave a brief summary of how lost items are handled by the Fitness Center.

Roxanne Stallings reviewed a proposal she made to the GRF Board to summarize certain data from the Fitness Center for proposed use by the consulting firm being engaged by GRF.

Mr. Matheson reviewed the Del Valle Complex consulting proposal for programs and services, followed by several schematics to accommodate the programs. The consultants are to provide a final report to the GRF Board in August.
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Mr. Matheson reviewed the custodial /AV services that are provided to the Fitness Center. It was the consensus of the Committee to consider this item in detail prior to the next budget in case additional staffing appears warranted.

Mr. Matheson reviewed the subject of non-resident participation in Fitness Center classes. Little hard data is available, but it appears that non-residents do not make a significant impact on classes.

Mr. Matheson said the GRF Board would consider the Committee’s January recommendations at their February 26th meeting.

The next regular meeting of the Committee will be on Wednesday, March 11, 2015, at 9:30 a.m. in the Board Room at Gateway Complex.

The meeting was adjourned at 10:35 a.m.

Claudia Tierney, Chairman
Fitness Center Advisory Committee

NGM/do

Attachment: Fitness Statistics