

## FITNESS CENTER ADVISORY COMMITTEE REPORT

REGULAR MEETING  
WEDNESDAY, NOVEMBER 13, 2019, AT 9:30 A.M.

A regular meeting of the Fitness Center Advisory Committee (FCAC) was called to order by the Chair, Catherine S. Herdering, at 9:30 a.m. on Wednesday, November 13, 2019, in the Board Room at Gateway Complex.

Present, in addition to the Chair, were James V. Grizzell, Vice Chairman, Janet Corda, Secretary; Larry Kaufman, Alice King, Virginia Lee Rapp, Robert Remington. Leslie Birdsall, ex-officio member and GRF representative, was absent. Also in attendance were Kenneth Anderson, Director, GRF; Timothy O'Keefe, CEO; Jeffrey P. Matheson, Director of Resident Services; Mark Metcalf, Regional Operations Manager of Active Wellness; Noah Yuzna, Fitness Lead; and Cathy Tallyn, Staff Writer, Rossmoor News. [Attendance](#)

The report of the Committee's regular meeting October 9, 2019, was approved as written. [Report Approved](#)

The Chair reported that there were 20,237 combined fitness and pool visits in October. [Chair's Report](#)

There were no announcements or correspondence.

Mr. Metcalf reported that the new part-time trainer, Spencer Hino, has begun work. He now teaches the Tuesday and reinstated Thursday aquatics classes. In the new year, he will add a balance class and a challenging functional class, and fill in when other trainers are away. Trainer Emm Yee has been certified as a Women's Training Specialist by the National Academy of Sports Medicine, and is working towards another specialization in improving bone density for those with osteoporosis. Trainer Dennis Shimoko is developing a new class increasing mobility through contraction called P.R.I.M.E. Articles announcing these developments will appear in the Rossmoor News. [Staff Report/New trainer and classes](#)

There were no Residents Forum speakers.

Under Unfinished Business, the Committee considered a one question email survey regarding music in the gym. The survey will include a brief statement on the parameters for the music to be played (rotating appropriate 50s, 60s and 70s tunes), should the majority vote to reinstate music. The survey would run for five weeks and go out before the holidays to those who have email addresses on file at the gym and visited within the last 60 days. The results should be available at the Committee's January meeting. [Music Survey](#)

A motion was made, seconded, and CARRIED UNANIMOUSLY to proceed with the survey.

In January 2020, the Committee will begin meeting every other month. In the off months, beginning in February, a joint subcommittee of Aquatics and Fitness will meet. [2020 Meeting Schedule](#)

There was no new business.

The Chair adjourned the meeting at 10:13 a.m.

Adjournment

The next regular FCAC meeting will be held January 8, 2020, at 9:30 a.m. in the **Fairway Room at Creekside Complex.**

Next Meeting  
1/8/20

*Catherine A. Herdering*

Catherine Herdering, Chair  
Fitness Center Advisory Committee

CH/II