

# AGENDA

## FITNESS CENTER ADVISORY COMMITTEE

### REGULAR MEETING

WEDNESDAY, FEBRUARY 13, 2019, AT 9:30 A.M.  
BOARD ROOM AT GATEWAY COMPLEX

1. MEETING CALLED TO ORDER: Claudia Tierney, Chairman
2. ROLL CALL: Tierney, Herdering, Howard, Grizzell, King, Rapp, Remington, and Pyle, ex-officio member
3. APPROVAL OF REPORT OF JANUARY 9, 2019 (Attachment)
4. CHAIRMAN'S REPORT
5. CORRESPONDENCE AND ANNOUNCEMENTS
6. STAFF REPORTS
  - a. Report by Mark Metcalf, Fitness Center Manager
7. SUB-COMMITTEE REPORTS
  - a. Publicity
8. RESIDENTS' FORUM

FCAC will follow Rossmoor custom and limit comments to 3 minutes.
9. UNFINISHED BUSINESS
10. NEW BUSINESS
  - a. Introduction of Noah Yuzna, Fitness Lead
11. ADJOURNMENT
12. NEXT MEETING: Wednesday, March 13, 2019, at 9:30 a.m. in the Board Room at Gateway Complex.

CT/dr  
cc: GRF Board

## FITNESS CENTER ADVISORY COMMITTEE REPORT

## REGULAR MEETING

WEDNESDAY, JANUARY 9, 2019, 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 9, 2019, in the Fairway Room at Creekside Complex.

Present, in addition to the Chairman, were Catherine S. Herdering, Vice Chairman, Charlotte A. Howard, Secretary, James V. Grizzell, Alice King, Virginia Lee Rapp, Robert Remington, and Geraldine Pyle, ex-officio member and GRB representative. Also attending were Kenneth Anderson, Director, GRF; Timothy O'Keefe, CEO; Jeffrey P. Matheson, Director of Resident Services; Mark Metcalf, Regional Operations Manager of Active Wellness; and four residents.

Attendance

The report of the Committee's regular meeting of November 14, 2018, was approved as written.

Report  
Approved

Mr. Matheson reported that some correspondence was received regarding having music played in the Fitness Center, while a second survey was taken of residents regarding their preference of having music played and what kind of music.

Correspon-  
dence

The Chairman reported that there were 19,704 visits to the Fitness Center during the month of December 2018. Not including January, February, and March 2018, there was a total of 214,330 visits for the year, with an average of 22,814 visits per month. Discussion was held regarding the revenue brought in by the Fitness Center and the hope that an additional trainer could be hired.

Chairman's  
Report

Mr. Metcalf reported that an offer has been made for Fitness Lead to Noah Yuzna, who would start January 16. He also mentioned that the front desk is short-staffed due to a resignation, and he will be interviewing to fill that position.

Staff  
Reports

During the Residents' Forum, Robert G. Evans addressed the Committee regarding music in the Fitness Center and stated his preference for no music. Bill McConnell also addressed the Committee, saying he moved to Rossmoor specifically due to the Fitness Center, and he prefers no music. He said he felt that the surveys were not accurate because people voted more than once. The consensus of the residents and of the surveys was that no music be played overhead since residents who preferred music for their workout could supply their own.

Residents'  
Forum

Mr. Matheson discussed the history of music being played in the Fitness Center and stated that the gym was designed with overhead music. Discussion was held.

Music at the  
Fitness  
Center  
Discontin-  
ued

A motion was made by Ms. Rapp, seconded by Mr. Grizzell, and CARRIED UNANIMOUSLY that overhead music in the Fitness Center be discontinued effective January 15, 2019.

The Chairman adjourned the meeting at 10:15 a.m.

Adjourn-  
Ment

The next regular meeting of the FCAC will be held on Wednesday, February 13, 2019, at 9:30 a.m. in the Board Room at Gateway Complex. Next Mtg. 2/13/19

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Claudia Tierney, Chairman  
Fitness Center Advisory Committee

CH/dr

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