

AGENDA

FITNESS CENTER ADVISORY COMMITTEE

REGULAR MEETING

WEDNESDAY, JANUARY 8, 2020 AT 9:30 A.M.

FAIRWAY ROOM AT CREEKSIDE COMPLEX

1. MEETING CALLED TO ORDER: Catherine Herdering, Chair
2. ROLL CALL: Herdering, Grizzell, Corda, Kaufman, King, Rapp, Remington, and Birdsall, ex-officio member
3. APPROVAL OF REPORT OF NOVEMBER 13, 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
 - a. Consider playing music in the general fitness areas of the Fitness Center based on the results of the music survey. (Attachment)
10. NEW BUSINESS
 - a. Discuss potential agenda items for joint subcommittee meeting with AAC to be scheduled in February.
11. ADJOURNMENT
12. NEXT MEETING: Wednesday, March 11, 2020, at 9:30 a.m. in the **Fairway Room at Creekside Complex.**

CH/II

cc: GRF Board

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 Herdering, Chair
Fitness Center Advisory Committee

CH/II

DRAFT

**SUMMARY REPORT
GOLDEN RAIN FOUNDATION
FITNESS CENTER ADVISORY COMMITTEE**

REPORT PREPARED BY:

Jeff Matheson, Resident Services Director

REQUESTED ACTION/RECOMMENDATION:

Consider playing music in the general fitness areas of the Fitness Center based on the results of the music survey.

BACKGROUND:

Since the opening of the new Tice Creek Fitness Center, the FCAC has struggled with the topic of background music being played in the facility. Upon opening of the new facility, the decision was made to only have music at the entry to the facility. After receiving some requests from Residents, the Committee requested a survey. Based on the survey results the Committee agreed to a 60-day trial to be followed by another survey. The trial ended based on significant negative feedback and survey results showing 55% of those surveyed preferred no music.

The FCAC voted to end the trial music period; however, agreed to revisit the topic at a later date. Since that time, there have been comments both for and against having music. At the November meeting, the Committee voted to conduct a new survey with each member only receiving one vote. The only question on the survey was yes or no to music in the general fitness area. The survey was emailed to members who have visited the facility in the past 60 days. Surveys were also available at the front for those that had trouble completing the online version. A total of 1150 surveys were received. 575 voted in favor of music while 575 voted against having music.

OPTIONS:

The results of the survey show the members are evenly split on the topic. It will be difficult to satisfy all interested in this topic. The committee can choose to add music to common areas or require those that enjoy music to bring their own personal devices and listen with headphones.

ATTACHMENTS:

None