

FITNESS CENTER ADVISORY COMMITTEE REPORT

REGULAR MEETING WEDNESDAY, AUGUST 14, 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, August 14, 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, and Leslie Birdsall, ex-officio member and GRB representative. Robert Remington was excused. 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; Noah Yuzna, Fitness Center Lead; and one resident. Attendance

The report of the Committee's regular meeting of July 10, 2019, was approved as written. Report Approved

There were no correspondence or announcements.

There were 22,161 combined fitness and pool visits in July. Chair's Report/ Staff Reports

Mr. Metcalf reported that there were 417 personal training sessions in July, the highest number since record keeping began on June 18, 2018. Total revenue for July was \$23,860. Total revenue for the year is \$134,328, going to the GRF Operating Fund. We will be adding a part-time trainer to the fitness staff soon, using funds still available for 2019, with the goal of adding back the Thursday aquatics class as well as further enhancing class and training opportunities.

The newest photograph has been added to the Wall of Fame, of Waterford Resident Bud Lembke. Wall of Fame

There was one speaker during the Residents' Forum, who expressed concern regarding the cleanliness in the women' locker room at the Fitness Center and a request that trainers, as well as residents, consistently wipe down the equipment. Residents' Forum

Under Unfinished Business and in preparation for the 2020 budget, Mr. Matheson and Mr. Metcalf reported on their research into the suggestions that video programs or on-call trainers fill in when scheduled classes need to be cancelled. They addressed the pros and cons of these ideas along with the estimated costs (\$7,000 for video, \$10,000 for back up trainers). Video Programs or On-Call Trainers

As the Committee reviewed its "want list," it was reminded that since last year, the Committee has been able to rework the Active Wellness contract to add staff without increasing cost. Active Wellness reduced the manager position to part-time and added a full-time Fitness Lead, Noah Yuzna. As a result, there are new classes, additional possibilities for personal training, and better floor coverage. Discussion Regarding Staff Levels

The Committee also looked forward to a planned research program in Lifestyle Education that will benefit residents. A UC Davis grant will include 1.5 staff positions and will begin this fall. As plans develop, the Committee will publicize this in the Rossmoor News.

Lifestyle
Education
Grant

In view of the enhancements created by new staff and programs that require NO increased costs, the Committee decided to limit its 2020 budget request to the current funding level. With this decision, the Fitness Center is able to contribute funds to the community through increasing revenue, while making no new requests.

2020 Budget
Request
Kept to
Current
Levels/

New Business included a proposal that the Committee change its meeting schedule from monthly to bi-monthly. With the completion of the new gym, the Committee has fewer agenda items to consider.

Change to
Meeting
Schedule

A motion was moved, seconded, and CARRIED UNANIMOUSLY, to change the schedule as proposed, with October as the first month off.

In case there may be issues to address in the two-month interval, a joint Ad Hoc Committee of two members was formed consisting of Catherine Herdering and Virginia Rapp from the Fitness Center Advisory Committee along with two members from the Aquatics Advisory Committee, to meet as needed, for common concerns. The Ad Hoc Committee will report at the regular bi-monthly meetings.

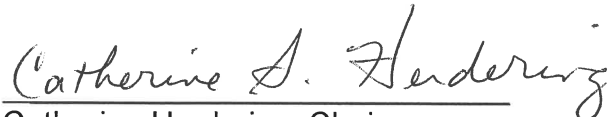
Joint FCAC
and AAC
Ad Hoc
Committee
Formed

The Chairman adjourned the meeting at 10:38 a.m.

Adjourn-
ment/

The next regular meeting of the FCAC will be held on **Wednesday, October 9, 2019, at 9:30 a.m. in the Fairway Room at Creekside Complex.**

Next Mtg.
10/9/19



Catherine Herdering, Chair
Fitness Center Advisory Committee

CH/dr