

# FITNESS CENTER ADVISORY COMMITTEE REPORT

## REGULAR MEETING WEDNESDAY, MARCH 13, 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, March 13, 2019, in the Board Room at Gateway 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 Noah Yuzna, Fitness Center Lead.

Attendance

The report of the Committee's regular meeting of February 13, 2019, was approved with one correction. In the first paragraph on page two of the report, the addition of "including a degree in Kinesiology" was added. The report will be revised to reflect the correction.

Report  
Approved

The Chairman reported that there were 21,963 visits to the Fitness Center during the month of February 2019.

Chairman's  
Report

Mr. Metcalf reported that beginning the week of April 8, four more Pilates Reformer classes will be added. One Reformer class will be eliminated, and one will be moved. There is also a plan to add three yoga classes to be led by Noah Yuzna. All yoga and Pilates classes are fee-based. He also mentioned that some new equipment has arrived and is being placed on the floor. More hours have been added to two trainers to make up for one trainer on leave. He also explained that on page two of the statistics, the term "Unique Clients" refers to the number of residents seen by the trainer.

Additional  
Pilates and  
Yoga  
Classes

Under Unfinished Business, Ms. Rapp observed a couple on a tour of the Fitness Center mentioned the lack of music. Ms. King mentioned the lack of handicap parking. Mr. Matheson said it would be difficult to add more parking and that residents have options of attending at an alternate time, arranging a carpool, or taking the Rossmoor bus.

Fitness  
Center  
Music/  
Parking

Mr. Matheson gave an update on the access control system in the Fitness Center. The present system was installed as a test pilot with the intent to control non-guests and unregistered renters. It has been serving its intent. The GRF Board initiated a Facilities Usage Fee for renters last year, which brought in over \$6,000 this past year. Some adjustments are being planned in the system so that it will work more efficiently and give better data.

Staff  
Reports

Mr. Matheson also gave an update on non-members in recognized clubs using the Fitness Center. Previously, the GRF Board had adopted a fee schedule for guests who use the Fitness Center. Each resident is given 10 free guest passes per year, then will be charged \$10 for each guest pass thereafter each year. However, several

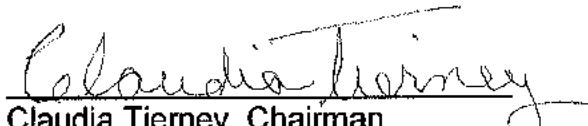
clubs with non-resident members have classes at the Fitness Center, so there was considerable debate by both the Fitness Center Advisory Committee and the Aquatics Advisory Committee, as well as by the GRF Board. Subsequently, the GRF Board voted to charge the clubs \$10 per member per month for their participation. Thus, if a club has three members per month attending several classes, the club would be assessed a \$30 fee. Non-resident club members will check in at the desk each time, and an invoice is then issued to each club at the end of the month. This Policy will be in effect beginning April 2019. Each club must submit a member roster to Recreation, and they are not permitted more than 20% membership of outside residents.

There were no Resident Forum speakers.

The Chairman adjourned the meeting at 10:03 a.m.

The next regular meeting of the FCAC will be held on Wednesday, April 10, 2019, at 9:30 a.m. in the Fairway Room at Creekside Complex.

Adjourn-  
ment/  
Next Mtg.  
4/10/19

  
Claudia Tierney, Chairman  
Fitness Center Advisory Committee

CH/dr