

FITNESS CENTER ADVISORY COMMITTEE REPORT

REGULAR MEETING
WEDNESDAY, APRIL 10, 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, April 10, 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, Robert Remington, and Geraldine Pyle, ex-officio member and GRB representative. , Virginia Lee Rapp was excused. Also attending were Kenneth Anderson, Director, GRF; 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 March 13, 2019, was approved as written.

Report
Approved

The Chairman reported that there were 22,929 visits to the Fitness Center during the month of March 2019.

Chairman's
Report

Ms. Howard reported that Catherine Sheema had approached her with a concern about being unable to log into the Matrix equipment she uses. Mr. Metcalf requested that she discuss it with him, and he will assist her.

Matrix
Equipment

Mr. Matheson reported that the Fitness Center is exploring participating in a research project with UC Davis, which will be focused on exercise and diet impact on Alzheimer's and Diabetes. More information will be forthcoming over the next several months.

Staff
Reports

Mr. Metcalf went over the data revealed in the monthly report and explained parts of it. This data is available with our Mind/Body software, and Mr. Metcalf has been able to develop parts that will be helpful in scheduling new classes, hiring staff, planning budgets, etc. He also reported that all components have been replaced in the blood pressure machine. He is also developing what is called "active education," and the first two programs offered will be by Dennis Shimoko on the speed bag and Jo Nash on Pilates Reformer. These classes will be complimentary. Mr. Yuzna is working on a program proposal for adding some new classes. Mr. Matheson also discussed the shortage of lifeguards, and they are working on the problem.

There were no Resident Forum speakers.

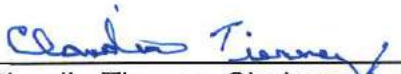
Mr. Matheson reported that a customer service survey is being developed and will be distributed to those residents who have registered their email addresses at the Fitness Center. A sample questionnaire was shared with Committee members.

Customer
Service
Survey

The Chairman adjourned the meeting at 10:26 a.m.

The next regular meeting of the FCAC will be held on Wednesday, May 8, 2019, at 9:30 a.m. in the Board Room at Gateway Complex.

Adjourn-
ment/
Next Mtg.
5/8/19



Claudia Tierney, Chairman PJ
Fitness Center Advisory Committee

CH/dr