

FITNESS CENTER ADVISORY COMMITTEE REPORT

REGULAR MEETING
WEDNESDAY, JUNE 12, 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, June 12, 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 Leslie Birdsall, ex-officio member and GRB representative. Also attending were Robert D. Kelso, President, and Kenneth Anderson, Director, GRF; Timothy O'Keefe, CEO; 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 April 10, 2019, was approved as written.

Report
Approved

The Chairman reported that there were 20,978 visits to the Fitness Center during the month of May 2019.

Chairman's
Report

Mr. Metcalf reported that the check-in process has improved with a TV monitor clarifying the entry for residents. Yoga and other classes are being promoted on the "Revel" display screen next to the front desk. Pilates classes are up from 40 to 60.

Staff
Reports

Visits by time of day are consistent. To better assist residents in planning their workouts, the display screen has a bar graph of times showing heavier and lighter times of use.

With regard to publicity, Mr. Metcalf and Ms. King are each working on newspaper articles to promote Fitness Center activities and recognize "Wall of Fame" residents. Ms. Howard offered to continue as a volunteer to help Ms. King with the "Wall of Fame".

Publicity &
Wall of
Fame
Update

There were no Resident Forum speakers; however, Mr. Kelso thanked Ms. Tierney and Ms. Howard, who were both retiring, for their work on the Committee. Ms. Tierney thanked Ms. Herdering for attending GRF Board meetings for her during the last year.

Thank you
to Outgoing
Members

Addressing Unfinished Business, Mr. Metcalf reported on the Lifestyle Education Grant awarded to the California Alzheimer's Disease Center. He said they have been meeting regularly with Dr. Johnson from the Center. Once the project is finalized, instructors will be hired. Residents who volunteer for the project may get Fitness Center passes for both exercise and nutrition, which would be separate from the Fitness Center pass. Funding is \$175,000/yr. for the five-year project. The project is likely to start in the fall.

Lifestyle
Education
Grant
Update

Addressing New Business, Mr. Metcalf reviewed the results from the recent Fitness Center customer satisfaction survey conducted during May. Of the 3,261 emails sent, 2,099 were opened and 1,039 responses were returned, which is a very good level of response. The residents queried were those who had used the Fitness Center in the last 60 days. The results were very favorable.

Customer
Service
Satisfaction
Survey

Regarding cancelled classes, Mr. Metcalf reported qualified substitutes are hard to find. An effort is underway to find a part-time individual who could cover several areas.

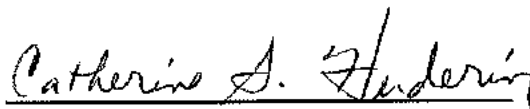
Cancelled
Classes

The Chairman adjourned the meeting at 10:34 a.m.

Adjourn-
ment/

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

Next Mtg.
7/10/19



Claudia Tierney, Chairman
Fitness Center Advisory Committee

CH/dr