

FITNESS CENTER ADVISORY COMMITTEE REPORT

REGULAR MEETING
WEDNESDAY, JUNE 13, 2018, 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 13, 2018, in the Board Room at Gateway Complex.

Present, in addition to the Chairman, were Catherine S. Herdering, Vice Chairman, Charlotte A. Howard, Virginia Lee Rapp, and Geraldine Pyle, ex-officio member and GRB representative. Sherry S. Smith, Secretary, and Carol A. Green were excused. Also attending were Robert D. Kelso, President, and Kenneth Anderson, Director, GRF; Timothy O'Keefe, CEO; Jeffrey P. Matheson, Director of Resident Services; Julie Van Dusen, Fitness Manager; and three residents.

Attendance

The report of the Committee's regular meeting of May 9, 2018, was approved with one correction.

Report
Approved

The Chairman reported there were 26,370 combined visits to the Tice Creek Pools and Fitness Center in May. Mr. Matheson noted that the new turnstiles will be ready for activation in July, with staff prepared to assist residents with any entry problems. The new tracking ability will allow a count of both repeat and unique visits, guests and caregivers, and distinguish pool from fitness users. Staff is handing out control fobs for residents who have already registered for the access system and signing up more every day.

Chairman's
Report

There was no correspondence and no announcements.

Ms. Van Dusen reported that the backlog of people seeking assessments since the facility opened is beginning to lighten. Most staff have been scheduled for weekday mornings as this is the busiest time. Some classes are consistently packed and registration is beginning on iPads located at the desk for Bob and Katleen's classes. This sign-up process will help capture those who have not yet registered in the access system.

Staff
Reports

There were seventeen successful web classes in May, averaging five people; they will continue to be offered on Mondays and Fridays. Demo classes on new equipment continue on Mondays and Thursdays, with follow-up e-mails to residents who participate. There is a plan to make classes a series in July, with three to four new classes offered, and current classes with low participation being dropped. Cardio machines will begin to show ads for the gym soon, such as an announcement that the entrance fobs are available.

There were no Sub-Committee reports and no speakers for the Residents' Forum.

During Unfinished Business, a motion was made, seconded, and CARRIED UNANIMOUSLY to recommend revised Rule R102.0, Fitness Center Access and Use, updating and refining language from the Del Valle Complex to the Tice Creek Fitness Center.

Revised
Rule R102.0
Recom-
mended

The recommendation will now go to the Policy Committee for final GRF review and approval.

Mr. Matheson reported that Tilton Construction will oversee the additional projects approved by the GRF Board (additional lockers, cabinets, bar in the aerobics room, etc.). They will begin with the automatic door for the men's locker room, followed by the suit spinner and automatic door for the women's locker room. Extra lockers will arrive by the end of July. The front upper windows have already been tinted to reduce glare.

Update
re. Fitness
Center
Projects

The TRX utilization process has not been formalized yet. Right now residents sign out the straps at the front desk and most people requesting them are familiar with their use. Straps in the studio are available if no class is in session. The flaw remains that this process requires self regulation, which may not always work, e.g., those who have taken only one class may feel overconfident, putting themselves and the equipment at risk.

TRX
Update

Under New Business, Mr. Kelso asked for input on the guest policy as it is coming up for discussion at the GRF Policy Committee. Tap dancers have requested a waiver of the fee for non-resident members as their participation contributes to the experience for resident members. The cost of the guest fee could deter guest members from participating in performances, especially during intense rehearsal periods. They promise non-residents would not use the equipment or pools, leaving after rehearsals. They could have a special wrist band differentiating them from guests and caregivers. Would a half fee work (\$5 rather than \$10)? How would exceptions like this affect other clubs? What will happen when the access system spreads to other venues, such as Peacock Hall? FCAC discussed these same issues and felt that exceptions invited other groups to make the same request, diluting and weakening the guest policy for the Tice Creek Complex as well as future sites. Perhaps clubs could subsidize non-resident members, thus assuring the opportunity for their participation. These issues are still being discussed in the Policy Committee.

Discussion
re. Non-
Resident
Guest Fee
Exemption

New Signage: Ms. Van Dusen and Mr. Matheson presented images of proposed signage for the Fitness Center. In addition to continuing to use the rolling digital screen by the front desk, large posters will be displayed. One poster will show the professional staff with pictures, bios and skills. Specific areas will show appropriate signs with directions, such as Pilates, stretch, strength equipment and TRX. The pool area will also have pool rules displayed. The Committee was impressed with the images and thanked staff for their work.

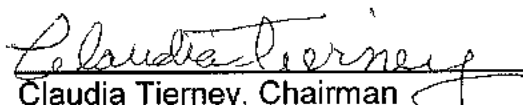
Proposed
Signage for
Fitness
Center

The Chairman adjourned the meeting at 10:25 a.m.

Adjourn-
ment/

The next regular meeting of the FCAC will be held on **Wednesday, August 8, 2018, at 9:30 a.m. in the Board Room at Gateway Complex.**

Next Mtg.
8/8/18


Claudia Tierney, Chairman
Fitness Center Advisory Committee