

**Health and Fitness Advisory Committee**  
**Regular Meeting**  
**October 17, 2016**  
**Haven on the Lake**

The meeting was called to order at 7 p.m.

**Attendees:**

Columbia Association: Anish Manrai, Steve Mendelsohn, Leslie Flynn, Tavia Patusky, Arielle Feinberg, Vicki Burns and Mary Helen Sprecher

Committee Members: Chadi Groome, Cathy Weiss, and Steve Drakos

Prospective Members: Jennifer Eckert, Laura Farro, Schuyler Newsom

**Committee Introductions:**

The committee members introduced themselves to the three prospective members of the committee and discussed the purpose of the committee and its goals. The potential new members also introduced themselves and their interests in HAFAC-related activities and facilities. .

**Minutes:** The minutes were approved as presented.

**Operations:** Anish Manrai reported on the following topics:

- The Coho Grill is operating under new management and has been renamed The Turn House. Reviews have been very positive and committee members were encouraged to stop by.
- The first phase of the renovations and upgrade of the Columbia Swim Center are complete and the facility enjoyed a successful soft opening last weekend. The official launch will be Saturday, October 22. Renovations will continue during the next two summers.
- Plans are in the works for the renovation of Columbia Athletic Club as well as the ice rink over the next year to two years, depending on funding.
- Fitness on Demand, a virtual group program, has been instituted successfully at Supreme Sports Club.
- There are plans for a new tennis club to replace the deteriorating Owen Brown facility to be completed by the end 2018.
- The new customer experience survey went live over the past month, and was sent out to 18,000 fitness facility users. It has been well-received, and responses are coming back. Committee members praised the structure of the survey, including that it was open-ended and allowed for commentary on various subjects.

Cathy Weiss reminded the group that HAFAC members had asked at earlier meetings to be involved in reviewing the survey responses.

- The new membership package information will go live on May 1, with the membership types for all CA members automatically transferred to the membership type that most closely correlates with what they currently have. Anish discussed the new membership structure and rate schedule, which is available on the CA website. CA settled on a new membership structure because the old one was unwieldy, with over 300 possible membership types depending on combinations of services. The new package, which is far more streamlined, will simplify CA's offerings. (Under the new structure, Haven will retain its own membership package.)
- Anish elaborated, in response to a comment from Steve Drakos, that CA is revising the advisory committee charters to establish and maintain consistency among the various committees. He continued that HAFAC is one member shy of having the seven CA members that are needed to constitute a quorum; unless a quorum is present at meetings, that meeting cannot be considered official and the minutes cannot be posted on the CA site.

Chadi asked that when revising the charter, for CA to consider the fact that the HAFAC is very diverse, with people representing more than one interest group. During this discussion of committee makeup, it was noted that the charter posted on the CA website is an older one, not the most recent charter which had been revised in the past year or so to properly reflect membership representing HAFAC facilities and activities.

**Club Reports:** Club managers reported as follows:

**Columbia Athletic Club:** Leslie Flynn noted that the club is currently involved in the Corporate Challenge which works with local businesses in order to raise money for Howard County Community College. The Corporate Challenge includes a 5K with obstacles, and allows personal trainers from CA to work out with groups each week; this works not only as a team-building and employee wellness program, but it helps raise awareness of CA's personal trainers.

Leslie provided a facilities report, including an update on the leakage problems in Studio One. During the month of September, a water main broke in front of the club; however, it was fixed in one day, and the club did not lose as much time and programming as it might have. She noted that she may need the HAFAC to discuss the need for renovation if CA wants to put off repairs again, or downgrade them.

The Therapy Pool has been improved so that it can be used during thunderstorms; various indoor pools in the CA system will undergo this improvement as budget allows.

The large-scale renovation of the club is unlikely to start before 2018. Original reports called for two six-month shutdowns of the facility over a course of two years; this was unacceptable so it was decided to put off repairs until everything could be done during one six-month period. Leslie noted that although some improvements were made to the club during the summer shutdown, most of the improvements will have to wait. It is possible the club will go through a more prolonged shutdown this summer (maximum three weeks) in order for some problems to be addressed.

**Columbia Gym:** Steve Mendelsohn reported that the gym's shutdown was completed in June. There are new sound panels on the ceiling in the cycling studio and the gym is considering using this technology in other areas of the building as well. The free weight area has been improved and is getting increased usage. Badminton and table tennis are doing very well, and the club is looking at adding youth volleyball. Steve discussed various classes and group exercise programs at the club.

A third CA facilities open house is scheduled for November 12. All facilities will be free all day, and the theme will be the YAY CA! branding that Columbia Association recently instituted. Steve Mendelsohn noted that the facility is being rented out for special occasions, such as After-Prom parties.

Recently, a club member had a life-threatening cardiac event, and a staff member and club member worked together to save the individual's life. This also received favorable television coverage.

**Supreme Sports Club:** Tavia Patusky reported the club has been extremely active. The roller skating rink has D-I-Y parties, in which individuals can bring their own food and drinks and reserve benches for gatherings. Halloween activities are planned for Saturday, October 29.

The recent Healthy Heroes program included a kids' fun run, and many children joined in.

There have been several key staff transitions. Julie Blackburn, longtime assistant GM, left, and CA is searching for a replacement. Bobby West, a personal trainer has joined the club. Family friendly DJs have been added for events held at the club.

The club is in the process of acquiring a new cleaning crew and some areas were painted. Open Space has installed a second bike rack at the lower end of the building. Over the course of shutdown, many areas were painted, and the locker rooms were improved. More benches are being added to both the men's and women's upstairs locker rooms. Tavia noted that the club will consider bonding the pool in the spring, which will make it able to be used during thunderstorms. She also reviewed some of the new equipment and efforts to increase accessibility for those with physical challenges. Unfortunately, the weight room on the first floor remains dark and less-than-inviting; however, new lighting was installed recently. She noted the lower locker room areas still need improvement.

Committee members requested a number of other improvements, such as better support to have the arena set up in time for group exercise classes to start, the addition of hooks for people to hang personal items and fans that could be brought into the arena in time for classes.

**Haven On the Lake:** Vicki Burns and Arielle Feinberg reported they had been working on implementing various circuit programs; patrons of the facility are in pursuit of wellness, and seem to be more satisfied when they are able to partake in physical exercise. Therefore, classes like hydro spin bikes and the aqua circuit, as well as hydro poles, are being added. Some classes, like hydro spin, fill up very quickly since there are only six bikes. In addition, watsu, which is aquatic massage, has been added and is very popular.

Other programs that are not in the water, but are continuing to grow in popularity, are Pilates and yoga. Other fun events such as Rock & Flow (yoga with live music and refreshments afterwards) will next be presented on November 11. They are open to everyone and are fee-based.

On November 5, Louis Van Amstel will be at Haven doing LaBlast Splash. He will do a separate event at Supreme Sports the next day. There will be a fee to attend these events to cover the cost.

Class enrollment is growing at the Haven, and is at least double what it was this time last year. There has been an excellent response to all services.

Steve Drakos suggested the possibilities for adding various Haven services or membership as another option to the existing CA membership structure.

**Group Exercise:** Vicki Burns reported the new group exercise and group fitness schedule became effective on October 1. The goal of the new schedule is to try to establish consistency among clubs, and among classes offered at clubs. The new structure makes for easier searching for classes that provide a certain benefit (strength, cardio, etc.) as well. She reviewed some of the changes to existing classes, and some of the new classes being offered.

There is a new type of bicycle, known as a RealRider, which gives users the sensation of being on a real bicycle outdoors. Presently, only a few of these are available; the club is gathering user feedback on them.

On Thanksgiving Day, there will be special hours for classes, and a number of special offerings for that day.

**Next Meeting:** The next HAFAC meeting will be Tuesday, November 29 at Haven at 7 p.m.

There being no further business to come before the committee, the meeting was adjourned at 9:10 p.m.