

Health and Fitness Advisory Committee
Regular Meeting
January 19, 2016
Columbia Gym

The meeting was called to order at 7:15 p.m. Present were Kevin Simpson, Steve Mendelsohn, Leslie Flynn, Vicki Burns, Chadi Groome, Cathy Weiss, Steve Drakos and Mary Helen Sprecher.

Minutes: The minutes of the last meeting were reviewed. A discussion ensued about the difficulty of using Google Docs for reviewing and editing documents. It was agreed that in the future, the minutes and other documents sent for review would be Microsoft Word files attached to e-mails. Mary Helen Sprecher volunteered to take minutes for future meetings.

Committee

Charge: Kevin Simpson distributed copies of the paperwork FY15 – FY16 Advisory Committee Charges approved by the Columbia Association (CA) Board regarding the roles of various committees. HAFAC members noted the purpose of HAFAC seems limited relative to other committees; the committee decided it would bring suggestions to the next meeting regarding an enlarged scope of purpose, and that these could be sent to the Columbia Association CA Board.

CA Structure: Committee members noted that one of the problems issues HAFAC is struggling with is that it seems to meet and discuss topics, make suggestions, but then never hear any feedback. After the club managers explained how CA is organized and operates, and that they meet with routinely with their management and share ideas and issues from the meetings, the Committee is beginning to understand that with CA is a lack of understanding of its structure, and as a result, a lack of knowledge as to whether concerns and ideas voiced at the committee level are actually funneled to the correct individuals.

In addition, it was requested that a representative from Marketing attend meetings in the future, and that a regular update from Marketing be added to the agenda.

Club Reports:

- **Columbia Athletic Club:** Leslie Flynn reported. She discussed various improvements and changes in the club (these included new classes and new fitness equipment; the latter is expected to arrive in March), and noted members' concerns regarding problems such as water leaks. She added that the recent independent review of the club's physical condition is not available yet. CA reviewed the draft report and requested it be revised to include more detail.

In response to a committee question, Leslie explained the three levels of projects undertaken by CA with regard to funding. In some cases, she noted, concerns and suggestions may have to be addressed to village representatives because they are outside the scope of club improvements and need to be carried to the CA level.

She also clarified the fiscal year of CA: May 1 – April 30.

The institution of the Spectrum system for online registration in classes and for reservations of court times has been successful, and has taken a lot of burden off the front desk staff. In addition, members are using the CA app for sign-ups. Discussion ensued about both systems and their benefits as well as some suggestions for improvement.

- **Columbia Gym:** Steve Mendelsohn reported. The club uses solar energy; it was suggested that this be better publicized for marketing purposes. (In fact, it is possible for individuals to call BGE and ask for solar energy in their own homes; however, the cost for this is higher.)

Table tennis will be starting in February and there are already some very popular badminton programs.

A little-known CA membership benefit is that a free one-hour fitness consultation is available for all members.

The gym also has new soap dispensers.

Steve also reported on preliminary plans for work to be done during shutdown.

It was suggested the group classes be made consistently Bluetooth compatible across all clubs.

- **Supreme Sports Club:** Kevin Simpson reported. Because of the rush that always takes place this time of year, parking at the club is extremely tight. The situation was discussed, as was the problem of traffic flow in the parking lots; many new club users are unaware of the one-way flow of traffic. Unfortunately, it is too cold to repaint markers and the parking lots are too busy for this work to take place presently.

All club managers also listened to members' suggestions for helping to keep people moving through the buildings since often, members tend to congregate in the rooms after exercise classes, which holds up the next class from starting.

- **Haven on the Lake:** Arielle Feinberg was not present. Vicki Burns reported that Haven has just hired a new group fitness supervisor; this person will also teach yoga. She also provided various updates on Haven and activities there.

Group X: Vicki Burns reported that in order to maintain consistency across all three clubs, times for classes would be brought into alignment so that, for example, all Body Pump classes began at the same time. New classes are being added, such as a Pilates Hybrid at SSC, drop in Piyo at CAC, Express Body Pump at SSC, Total Conditioning at SSC and Zumba at CG.

CA Membership

Packages: It was noted by the Club Managers that the membership packages have been restructured; however, information on this will be distributed and discussed at a later time.

Biggest Winner: The Biggest Winner program will begin on January 30, with a kick-off program at Columbia Gym. This is an extremely popular program, and runs through March. Information was distributed regarding the program and its activities.

Open House: The clubs will offer three open houses per year; the first will be held on February 13, and has an "all-star" theme to go with the NBA All-Star game that is being held the same time. A number of different activities will be offered. It was suggested the HAFAC have a sign-up table in order to recruit new members.

Future open house events will have other sports-related themes. It was suggested the next one in the spring correspond with the Olympics. National Olympic Day takes place in June and is used to publicize the games and build interest in various sports. Information will be sent to the committee about this.

The next meeting will be held on March 15. A location will be announced.

The meeting was adjourned at 9:20 p.m.