

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

The meeting was called to order at 7:10 p.m. Attendees: Steve Mendelsohn, Anish Manrai, Dan Burns, Leslie Flynn, Vicki Burns, Chadi Groome, Cathy Weiss, Steve Drakos and Mary Helen Sprecher.

- Minutes:** The minutes were approved with one correction.
- Agenda:** The agenda was modified and approved. Dan Burns noted that copies of the agenda and minutes need to be posted online so that residents can stay informed of the committee's activities.
- Personnel Changes:** Anish Manrai has been hired as Assistant Director of Sports & Fitness. Kevin Simpson (Supreme Sports Club) and Sam Yurko (Physical Therapy) have decided to seek new employment. CA is aggressively recruiting for these positions. Filling the position at SSC is the priority, followed by PT. John Herdson, Director of Aquatics, has announced he will be retiring following the opening of all pools for this coming season. There have been two hires at Haven on the Lake: Linda Phillips (Aqua Mind/Body Team Leader) and Shayna Freedman (Mind/Body Group Fitness Supervisor).
- Charter:** It was pointed out that the description of the committee's composition is incorrect since it contains information stating the committee will include representatives of aquatics, tennis, etc., which are covered under separate committees. It was decided the priority will be to recruit new volunteers, regardless of whether they represent designated user groups. However, they should reflect users of all fitness facilities.
- Committee members were asked to review the charges to the committee for the last two years and think about what the charge should be for the next two years.
- HAFAC Business:** HAFAC feels there is a disconnect between what it decides and whether these decisions are being taken to the larger board, as well as to a higher level. This has been an ongoing concern of the committee.
- Needs of Members:** Dan reported. In order to align with the board's strategic goals, it is necessary to engage the younger members of the community. Profile information and expected growth for various population groups was presented.

- Future Projects:** \$2.5 million has been allocated to renovate the Athletic Club. The club will not be able to expand because there is no room to create more parking. Phase One will focus on the upstairs portion of the club. It will take place in FY 2018.
- Club Reports/CAC:** Leslie Flynn reported. The Peeps diorama contest is open. The Biggest Winner contest will wrap up in early April. New equipment has been approved. Shutdown will be the week of August 8.
- Club Reports/CG:** Steve Mendelsohn reported. Table tennis on Thursdays is very popular. A second night may be added. There is Badminton on Thursday and Sunday. A basketball program has been added and is popular with children; in fact, basketball is extremely popular because of March Madness. Healthy Happy Hours are offered every Thursday from 6 p.m.-7 p.m. The gym hosted martial arts testing on March 6 and will host Family Fitness Bingo this coming weekend. Shutdown will be May 31-June 12 and will include fitness flooring replacement as well as painting. Fitness consultations, mentioned in the last set of minutes, are going well. A question was posed by Steve Drakos about snow removal, which took up many parking spaces. Dan noted this was unavoidable; that amount of snowfall is unprecedented.
- Club Reports/SSC:** Anish reported. The club continues to be busy. Shutdown will be the week of August 22. SSC will be closed for one night in the week coming up because BGE needs to replace an electrical cable.
- Both CG and CAC are now opening at 5 a.m. on weekdays. This has been very well received.
- GroupX:** Vicki Burns reported. Attendance has been strong at all clubs. A new addition is Virtual Fitness, which can be used if the yoga studio is empty. A member can interact with a kiosk and take part in a class that is being played on a screen. It is a new way of engaging members whose schedules might not fit with those of the classes.
- Several classes are going very well. There is a Friday night Zumba class which has been very well attended. In addition, BodyShred, a 30-minute HIT (high-intensity training) class has been added in order to appeal to the Millennials who want to get a quick, intense workout. Insanity, a longer, but also intense, workout class, is being offered. An instructor meeting will be held in April.
- Haven on the Lake:** Pilates is being offered in a new format in which members can sign up for four-week sessions, which allows for a longer-term commitment. In addition, sales packages for private and duet classes have been changed to match those of personal training (available in four, eight and 12 sessions.) These changes will

take effect in April. In addition, a TRX class has been added at Haven. There will be free outdoor yoga with live music in warmer weather.

Discussion ensued regarding the four types of membership at the Haven: Revive, Refresh, Rejuvenate and Restore. Each represents a different level of service. Some changes have been made to memberships, particularly Refresh, which formerly had been available for only \$10, an amount which was not commensurate with the value it offered. Usage is now up, and so is class participation. Haven's shutdown will take place from July 18-20 and will involve only minimal work.

Other Facilities: The Swim Center will be closed for the summer for renovations once all the pools reopen. It can be expected to remain closed in the summer for at least the next two to three years.

HAFAC Business: Steve Drakos was nominated and elected vice chairman of the HAFAC.

CA Membership: Dan discussed the proposed new membership pricing and structure, which would go into effect May 2017. Presently, there are 14 different membership options which was seen as too confusing and difficult to sell. A new format will condense the various types of membership in order to create a simpler approach.

Discussion ensued concerning monthly and annual rates. Dan noted there would be changes at this level as well as providing an easier opportunity for membership cancellation.

Next Meeting: The next meeting is Tuesday, May 10 and it was suggested that this be held at Columbia Gym.

The meeting was adjourned at 9:25 p.m.