



HEALTH AND FITNESS ADVISORY COMMITTEE

NOTICE OF MEETING

and

AGENDA

January 14, 2019

7:00pm

Haven on the Lake Conference Room

10275 Little Patuxent Pkwy, Columbia, MD 21044

- 7:00** **Welcome/Call to Order**
- 7:05** **Review & Approve Minutes from November 5, 2018 Meeting**
- 7:10** **Approve Agenda & Update Contact List**
- 7:15** **Chair Update and Group Discussion - Subcommittees, User Groups Represented, Club Usage, Classes, Observations**
- 7:30** **S&F Department Updates - Progress Reports and Renovations**
- **Strategic Plan Development**
- 7:40** **Club and Division Reports**
- **Questions/Thoughts on Club/Division Reports**
- 8:00** **Ongoing Sport and Fitness Department Initiatives**
- **Tribe Team Training**
 - **TRX MAPS**
- 8:10** **Committee Member Ideas**
- 8:20** **Upcoming and Current Programs**
- **Saturday, 1.19.19 - Supreme Strong & Calm Group Fitness Event**
 - **Saturday, 3.23.19 - CA Open House**
 - **Monday, 3.25.19 - Healthy Eating Kick Off**
- 8:25** **Propose Next Meeting Date**
- 8:30** **Adjourn**