

Health & Fitness Advisory Committee
Minutes
January 14, 2019

The meeting of the Health and Fitness Advisory Committee came to order at 7:05 p.m Present were Jessica Rennekampf, Dick Boulton, Jack Sacchetti, Bob Berlett, Mary Helen Sprecher, Cathy Weiss, Chadi Groome, Jeff Lunder, Tavia Patusky, Vicki Burns, Kevin Shaffer Leslie Flynn, Laurie Mambert, Dan Burns and Anish Manrai.

Agenda: The agenda was approved as presented.

Minutes: The minutes were approved as presented.

Chair Updates (Jessica)

Contact List was updated for HAFAC committee.

Strategic Plan Focus Group Meeting: Jessica will be attending the Strategic Plan focus group. If you have any questions, comments or concerns please share with Jessica.

AC Grand Re-Opening: Space looks beautiful. AC team has been really respectful as members share their feedback at the clubs.

January at the Clubs: Membership Advocates have been a positive addition to the club. Class additions have been appreciated.

Sport and Fitness Department Updates (Dan Burns)

GTM Architectural firm has been hired to begin looking at Supreme renovations. Supreme would not close; work completed in phases. Scope of work will be announced as we get further into the project, but the first phase would be the locker room wet areas and the pool in the summer 2019. Lower locker rooms and upstairs fitness area would happen later summer 2019. Summer 2020 we hope to tackle lower level fitness areas.

Clarabridge Feedback: Next Clarabridge survey is coming out on 1.21.19. Please take the survey and ask other members to do so.

Environmental Effort to Reduce Single Use Cups: CA will begin to phase out single use cups (except for coffee) as we increase water bottle fill stations. We will switch to biodegradable cups. We will also be phasing out single use plastic bags.

Club and Division Reports (All)

Columbia Gym: CG added an Manager on Duty reporting system. Exit doors are gone.

Haven on the Lake has been hosting Barre and Yoga will also be back at the Mall. Haven on the Lake has also been featuring several mind body workshops within the club. Haven had some great sales and has had wonderful traffic. 14 days for \$14.

Ongoing Sport & Fitness Department Initiatives

Tribe Training: Demos during trial week are going really well. Season 1 is just about to begin. Lots of interest in the program; people are really looking for functional training in a small group setting. \$144 for CAF&P, \$180 for 1Fit, \$240 for all other membership types.

TRX MAPS: 3 overhead squats produce a score for mobility, activation, posture, stability. If you put in your email, it will send you corrective exercise videos.

Committee Member Feedback:

November Open House: Would have been nice to have something "in hand" highlighting all the different events (CACycle was a good model.)

All Club Group Fitness Schedule: Is it possible to get one schedule with all F&P club classes listed?

SNG Group X Registration: Signing up for classes has been challenging due to transient issues with SNG.

Upcoming and Current Programs

Strong and Calm: Special event at Supreme (Tribe warm up, yoga flow, Body Shred, Body Flow.)

Spring Open House: Saturday, 3.23.19 - more details coming soon.

Healthy Eating Kick Off: Monday, 3.25.19 author presentation regarding plant-based lifestyle. Panel with doctors and dieticians after presentation.

Other Reports

Tennis Committee Update: 12.8.19 awards ceremony at Long Reach. In January, Bruce Holbrook had his retirement party. Tennis leagues are forming now.

Next Meeting: The next meeting will be held on Monday, 3.18.19 at 7:00pm at Haven on the Lake.