

**Health & Fitness Advisory Committee**  
**Minutes**  
**November 5, 2018**

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 Lou Henderson, Larry Sorkin, Alan Lassman, Cathy Weiss, Dave Bleyer, 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.

**Welcome:** Laurie Mambert, new Columbia Gym GM.

**Chair Updates (Jessica)**

AC Reopening: Members are very excited for AC to open back up.

Call for Members: Representation is particularly needed among KidSpace users. The committee was asked to reach out to any parents or caregivers who would be good candidates for membership. We have two potential Kidspace HAFAC participants.

User Reports: New HVAC units in the Treadmill Room feel great.

**Sport and Fitness Department Updates (Dan Burns)**

Laurie Mambert has joined Columbia Gym.

AC is scheduled to open on November 30.

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 will be the locker room wet areas and the pool in the summer 2019.

Clarabridge Feedback: Construction has impacted the NPS score. Scores continued downward trend as members await AC to reopen. We will retroactively “slice and dice” demographics from survey responses (age, resident versus non-resident, etc.) Clarabridge will also give us features that allow us to further look at friction points for members.

**Club and Division Reports (All)**

Athletic Club: Leslie gave a photo update of the AC renovations. Please come the whole first week starting Nov 30 as they’ll be all kinds of fun surprises at AC. Sneak peak for HAFAC members is Thursday, Nov 29 from 4-6pm. Body Flow and CardioTone Barre will also be featured when AC reopens.

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. Usage has been growing. Haven is also interviewing for a dedicated Programs Supervisor who would create the “Haven” class experience.

Group Fitness: CACycle program features different intentions and motivation. MyMusic features a focus on music. MyRide will use the visual imagery to structure the ride. MyStart is a 15 min intro for new riders just before another cycling class. MyCycle has a focus on drills and endurance. MyHIIT features high intensity interval training.

Personal Training: HCC Challenge was a success and raised more money than previous years. Trainers were very involved and the turn out for the event was great.

**Committee Member Feedback:**

New lights at AC Tennis are working well.

Upcoming and Current Programs: Nov 10 Open House, Nov 11 Veterans Day Parade & Nov 30 AC Reopening.

**Next Meeting:** The next meeting will be held on Monday, January 14 at 7:00pm at Haven on the Lake.