

Health & Fitness Advisory Committee
Minutes
September 5, 2018

The meeting of the Health and Fitness Advisory Committee came to order at 7:05 p.m Present were Jessica Rennenkampf, Dick Boulton, Leo Bruette, Jack Sacchetti, Bob Berlett, Mary Lou Henderson, Larry Sorkin, Tavia Patusky, Vicki Burns, Kevin Shaffer Leslie Flynn, Dan Burns and Anish Manrai.

Agenda: The agenda was approved as presented.

Minutes: The minutes were approved as presented.

Chair Updates (Jessica)

Annual Charge: The annual charge will be shared in a follow up email.

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.

User Reports: Not surprisingly, since the closure of the Columbia Athletic Club, there has been an increase in complaints about crowding at the remaining facilities. People are settling in to the new normal with classes and club traffic. Continued requests for AC photos. Jack indicated there was a higher attendance trend this past week in Body Pump classes.

Sport and Fitness Department Updates (Dan Burns)

Clarabridge Feedback: Construction has impacted the NPS score. The NPS went down at the fitness clubs with the exception of Haven. The sentiment behind the comments has improved even though the NPS has dropped. Cost and Value total volume of comments continues to decrease. NPS is higher among CA residents, but there has been an increase in NPS among non-residents. Dan Burns asked committee members to continue to encourage people to complete the Clarabridge survey.

FY18 Usage Data: FY17 a little over 2.1 million visits and in FY18 to 2.5 million. Fitness Club and Group Fitness visits has significantly increased year over year.

Future Supreme Renovations: FY20 Budget has 4.2 million earmarked for renovations. Wet areas and building assessment requirements will be addressed. Additionally, we are also looking at the Free Weight area. We are tracking usage on the racquetball courts as well as the Free Weight room. Group Fitness Studios and the Women's Gym may also be impacted.

Columbia Athletic Club: Leslie Flynn presented a slide show demonstrating the ongoing work on the club. The roof is currently being installed on the main entrance. Cinder block walls are being covered with drywall. The Yoga studio had an emergency door added due to county building codes. Studio 1 columns have been made smaller. Pivot and Boxing Studios have been relocated. New ADA ramps make AC more accessible. A new epoxy floor has been installed in the therapy pool area. Middle of November is the tentative reopen date right now.

Club and Division Reports (All)

Columbia Gym: Jack mentioned the new carpet in the main hallway seems to be very light for the high traffic area.

Group Fitness Update: Vicki Burns talked about the AFAA Primary Group Fitness certification requirement for all CA instructors (Yoga is excluded as they go through a minimum 200 hour training.) The Group Fitness Certification is a foundation for each instructor. It helps with understanding why they are teaching a specific exercise and how to program safely for a class. Mary Lou commented that she really enjoyed Dancing Under the People Tree this past summer. Vicki is asking for help at the upcoming cycle auditions. Body Flow will launch at Athletic Club when the space reopens.

Haven on the Lake will host Barre and Yoga will also be back at the Mall.

There was a discussion of the Supreme arena courts and pickleball/other programming.

Ongoing Initiatives:

Sport and Fitness Hiring Process: Group Interview has been implemented to evaluate candidates based on alignment of values with CA, personality, teamwork and customer service. We are evaluating as to whether someone is a good cultural fit for the brand rather than on technical skills.

Personal Training: The Jump Start program is continuing to do very well. Recently, the Jump Start team has partnered again with the Membership team to fine tune and elevate the program. The TRX Flex program has rolled out at Supreme and will roll out at the other sites soon. HCC Challenge has started again. The run is on October 14.

Tribe Team Training: Blend of Crossfit WOD meets HIIT functional training. You're working out with same group of people each season; your "Tribe." January launch date. Tribe Fit and Tribe Life.

Committee Member Feedback: None shared.

Upcoming and Current Programs: Healthy Hero Fun Run, Nov 10 Open House

Next Meeting: The next meeting will be held on Monday, November 5 at 7:00pm at Haven on the Lake.