

Health & Fitness Advisory Committee
Minutes
March 18, 2019

The meeting of the Health and Fitness Advisory Committee came to order at 7:05 p.m Present were Jessica Rennekampf, Jack Sacchetti, Bob Berlett, Mary Helen Sprecher, Jeff Lunder, Alan Lassman, Mary Lou Henderson, Leo Bruette, Tavia Patusky, Kevin Shaffer Leslie Flynn, Laurie Mambert, and Anish Manrai.

Agenda: The agenda was approved as presented.

Minutes: The minutes were approved as presented.

Chair Updates (Jessica)

Contact List Updates: See Tavia to verify information before leaving the meeting.

Tribe Season 1: Jessica enjoyed Season 1. Her Tribe all wore "Avengers" t shirts.

Clarabridge Surveys: Jessica stressed the importance of all of us encouraging members to share their feedback each and every time they receive a survey. Club teams specifically asking people to share their feedback. Laurie shared that CG has set up a table and laptop for Clarabridge and they've seen a rise in response. Anish suggested HAFAC get a heads up when a new survey is coming out so committee members can ensure other members are participating. Anish also highlighted that members can share feedback for any site at any time online. Leslie mentioned the team would look at renewing our marketing campaign to encourage Clarabridge participation.

HAFAC Subcommittees: Recreational Sports and Youth Programming and Fitness Equipment and Fitness Programming (Group Fitness and Group Training)

Sport and Fitness Department Updates (Anish)

Healthy Eating Kick Off is sold out. All 750 spots have been reserved.

Team Member Recruiting: CA will be represented this Friday at HCC. It's one of HCC largest recruiting events ever.

Family, Friends, Fitness and Fun: Open House is this Saturday, 3.24.19. Encourage everyone to share the event with their community of family and friends.

Membership Sales Update: Net gain of 459 new memberships year over year. Since December we have a net positive in FY19. Haven is also up for the year.

Club and Division Reports (All)

Columbia Gym: Love to Dance event was a hit.

Ongoing Sport & Fitness Department Initiatives

Tribe Training: Successful first season. 72 AC and 40 SSC participants. Season 2 has just started and enrollment is already growing.

TRX Flex Challenge: Program is using MAPS and TRX group formats to create a fun challenge. Open House will kick off the event.

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.

Personal Training Recruitment: The PT Team has added some great new, highly motivated trainers.

Committee Member Feedback:

SNG Group X Registration: Can you see instructor names in SNG app if you have a CA PP F&P? Why doesn't a class reservation made on the app generate an email confirmation?

CA Change from HOA to Community Benefits Organization

Upcoming and Current Programs

Spring Open House: Saturday, 3.23.19

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

Other Reports

Next Meeting: The next meeting will be held on Monday, 5.20.19 at 7:00pm at Haven on the Lake.