

Health & Fitness Advisory Committee
Minutes
May 20, 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, 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)

Diversity on the HAFAC Committee: Jessica asked if there was any success in adding diversity to the HAFAC Committee particularly individuals using Kidspace, Free Weight equipment, etc. Can we add a flier to the clubs or info in the fitness newsletter about HAFAC and participation?

Tribe Season 3: Jessica is still enjoying Tribe with her original group. AC has worked through Tribe Studio transitions to facilitate a smooth and quick transition. Anish is enjoying Tribe Fit and Jessica is enjoying Tribe Life.

Supreme Sports Club Construction Confusion: Front Desk has been good about handing out information. Jack mentioned that Studio 1 is feeling very humid and it seems that the humidifiers have been unplugged. Leo mentioned there might be a concern with mold. Dick indicated the CA Board takes mold issues very seriously and would want to take immediate action if mold were present. Tavia indicated there was a detailed building assessment and there was no indication of mold. If there were ever any indications of mold, the CA Board would want that called to their attention immediately.

TRX Small Group Training: Jeff has been experiencing challenges signing up online for his TRX group training sessions. Laurie and Tavia will follow up with Jeff to determine what's going on and how to address.

HAFAC Charter: The committee reviewed the previous charter and asked for feedback for the upcoming charter.

CA Merchandise: Is this something CA can make available for members to purchase?

Sport and Fitness Department Updates (Anish)

Healthy Eating Kick Off was a sold out success. More than 400 people enjoyed a presentation on enjoying a plant-based diet. Had a Q&A with medical advisory after the presentation. Future Healthy eating events will be advertised in the future.

Family, Friends, Fitness and Fun: Open House was Saturday, 3.24.19. It was one of our best Open Houses yet. The objective of the Open House is to highlight all we have to offer. We sold over 50 new memberships during the weekend of the event. The next Open House (Make Time Monday) will take place on Monday, 7.15.19.

This past fiscal year was the first full year we had membership teams within the facilities. 234 more Fit and Plays were sold. We sold 360 more 1Fit memberships. Between fitness clubs and Haven we were up 539 more memberships this past year. Play memberships were down last year; it was the wettest summer in Maryland history. Net gain of 165 memberships year over year. Attrition also went down towards the end of the year.

Clarabridge was launched in October 2016 and at that time our response rate was around 13%. Over time the response rate has declined to 6%. With the last survey the response rate jumped back up to 10% and this was likely due to a secondary email reminder to participate in the survey. This was also the first survey in which we didn't have construction going on. CA S&F NPS is back up to 38.

Anish discussed the jump in Haven usage, Columbia Gym and Supreme. Athletic Club had great participation when the club reopened.

The new CA Strategic Plan will be up for a Board vote this summer.

Club and Division Reports (All)

No questions.

Ongoing Sport & Fitness Department Initiatives

Tribe Training: Tribe Season 2 had 80+ people that participated. We received some great testimonials. There is such a great connection among the participants of each Tribe.

TRX Flex Challenge: Program is using MAPS and TRX group formats to create a fun challenge.

Summer Photo Drive: The clubs will be working with members to get photos into the membership system.

Committee Member Feedback:

Haven Outdoor Terrace: Kevin discussed how that space will feature member socials and goat yoga.

Upcoming and Current Programs

Summer Open House: Monday, 7.15.19

Next Meeting: The next meeting will be held on Monday, 8.5.19 at 7:00pm at Haven on the Lake.