

Health & Fitness Advisory Committee
Minutes
January 13, 2020

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

Agenda: The agenda was approved as presented.

Minutes: The minutes were approved as presented.

Chair Updates (Jessica)

Haven Kidspace: Kids artwork added to Haven Kidspace.

Tribe Life/Core & Body Combat Feedback: Jessica is still enjoying early morning Tribe training. Jessica heard from another member that the instructor was great, but she didn't quite break the same sweat as TaeBo. Jack commented that he enjoyed/noticed that Les Mills programming is now presented as more "multi-level." Cathy shared feedback about the arena set up for group fitness classes. She wondered if we could perhaps raise up the stage or create a "zone" directly in front of the stage free of other members. Tavia indicated she would talk with Vicki and update at the next HAFAC meeting.

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. Laurie will check in on the status of the marketing request. Cathy suggested we follow up with the members who shared feedback through Clarabridge and at the club and directly invite them to the meetings.

HAFAC Charter/ Board Presentation: Jessica went to the Board meeting to present HAFAC charges. Board wants to make the charges more quantifiable. Tavia will send out the charges again for committee review/feedback.

Club and Division Reports (All)

Tavia discussed the renovations at Supreme. The main fitness floor has reopened. Jack asked about how members are getting oriented to equipment. Jack mentioned members have told him the main fitness floor looks sterile due to the lack of carpeting and metal finishes. Jessica mentioned the additional TVs have made a difference. Tavia indicated CA was working on plans for an additional phase of renovation that would include the lower level at Supreme.

Laurie discussed the Tribe and cycling studio renovations. The work has just started and the team is working hard to try to finish the work for a goal of March 1.

Haven on the Lake Dog Yoga: Kevin talked about the upcoming adoption/fundraising Dog Yoga event. This past Sunday there was a full Family Yoga class that was really moving (16 families.) There were very tender moments between the parents and children.

Personal Training Updates: Leslie discussed TRX MBody launching. There are three formats running in a four week series.

Healthy Planet: Most members have had a positive response to the change. Some members were frustrated, but club teams have been having conversations.

Tennis Update: Hobbits Glen tennis courts are under construction. December 7 there was a year end Tennis Awards program.

Next Meeting: The next meeting will be held on Monday, March 23 at 7:00pm at Haven on the Lake and Monday, May 11 at 7:00pm Long Reach Tennis.