

Health & Fitness Advisory Committee
Minutes
October 21, 2019

The meeting of the Health and Fitness Advisory Committee came to order at 7:05 p.m. Present were Jessica Rennekampf, Dick Boulton, Cathy Weiss, Chadi Groome, Mary Helen Sprecher, Mary Lou Henderson, Jack Sacchetti, Bob Berlett, Jeff Lunder, Alan Lassman, Leo Bruette, Larry Sorkin, Tavia Patusky, Kevin Shaffer, Laurie Mambert, Vicki Burns 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. Laurie has submitted a marketing request to help recruit more diversity on the HAFAC committee; marketing is in progress.

CA Marketing: Jessica was excited to see CA newsletters highlighting Clarabridge.

Tribe Life/Core: Jessica is still enjoying early morning Tribe Training with Andy. Jessica has seen the program continue to grow in the morning.

HAFAC Charter/ Board Presentation: Jessica went to the Board meeting to present HAFAC charges. Board wants to make the charges more quantifiable. Leo asked the Board to give timelines so the committees could provide more information. Cathy suggested looking at Clarabridge scores and instances in which member feedback was implemented. Leo suggested looking at participation rate. Equipment maintenance timeline (how long does it take from work order to repair?)

Sport and Fitness Department Updates (Anish)

Clarabridge Survey: The quarterly Clarabridge survey was emailed to members. A reminder email was also sent to members to try to increase response rate. Anish discussed that this was our third year of using Clarabridge. He asked the HAFAC committee to continue to share Callarbridge feedback and encourage participation from other members.

Healthy Hero Fun Run: All four Kidspaces' worked together to provide a free fun community event for families. Kids dressed up as their favorite superheroes and walked around the lake.

Club and Division Reports (All)

Tavia discussed the renovations at Supreme. The upper locker rooms and pool have had great feedback. The arena is on schedule and will reopen the first week of November. Tavia showed photos of the progress on the main fitness floor. The main fitness floor will open in mid-November. Alan asked about the status of the hot tub jets at Supreme. Cathy reminded Tavia that the lower parking lot would need as much parking as possible; Tavia indicated she would follow up on the status of the dumpsters in the lot.

Kevin encouraged everyone to participate in the Veterans Day yoga around the lake event.

Ongoing Sport & Fitness Department Initiatives

Healthy Planet Healthy You: This is a board and community initiative that is aligned with CA's focus on environmental stewardship. Paper cups will be reduced within the clubs and wet bags will be eliminated. Members can enrollment in the Healthy Planet Healthy You Challenge by signing up one time at the front desk of AC,CG, SSC, SWC or HOTL. CA will track member check ins. The more check ins a member gets between Oct 14 - Nov 30, the more reusable prizes they win. Prizes include a water bottle, swim suit bag, wet clothes bag and more.

Healthy Eating Series: Anish indicated the Healthy Eating series has been going well. Kevin mentioned the one at Haven recently had 40 participants.

Committee Member Feedback:

Jack talked about how his wife was recovering from back surgery. He asked about the opportunity for people with back injuries to transition from Physical Therapy back into the gym. Leslie talked about how personal trainers are a great choice. Leslie and Vicki also discussed an upcoming Group Fitness/Pivot workshop at AC that focuses on low back pain. Leslie also discussed how CA trainers and Pivot are working together on education and connection.

Jeff provided an update on Haven Kidspace. The KS team was very friendly at Haven, but Jeff indicated the space was geared more towards toddlers. The space was also further away from the entrance. Vicki mentioned the staff work in creative ways to entertain older kids with the space that is available.

Jeff also discussed the Columbia Gym upstairs kidspace. Jeff mentioned that there was fitness equipment that was great, but that the gaming system seemed to be down (Laurie mentioned that was a recent issue.)

Next Meeting: The next meeting will be held on Monday, January 13 at 7:00pm at Haven on the Lake.