

Health & Fitness Advisory Committee
Meeting Minutes
May 10, 2021

The meeting of the Health and Fitness Advisory Committee came to order at 7:05 p.m. Present were Jessica Rennekampf, Dick Boulton, Bob Barlett, Leo Bruette, Dan Burns, Vicki Burns, Leslie Flynn, Steve Hess, Alan Lassman, Jeff Lunder, Anish Manrai, Tavia Patusky, Jack Sacchetti, Julia Schnorf, Kevin Shaffer, Larry Sorkin and Mary Helen Sprecher.

Agenda: The agenda was approved as presented.

Minutes: The minutes were approved as presented.

Chair Update and Group Discussion

Jessica mentioned another member expressed their excitement about food trucks at the pools.

Dan asked the group who had been back to use the fitness facilities. Dan wanted to know what brought people back or if they haven't returned, why? Jessica mentioned that having a less structured work schedule has made it challenging to return to a structured in person fitness program.

Dan also asked the group their thoughts as we head into the summer with the facilities getting busier and mask mandates shifting. Steve mentioned that air flow is of concern. As the summer temps rise it's getting uncomfortable with the air temp inside as the space gets busier and we continue to wear masks. Jack mentioned the temperatures in the studios are at the right temperature, but it feels oppressive and humid. Jeff mentioned that he would likely still wear a mask to the club except in group fitness classes.

Jack asked about class sizes and the pace at which CA will continue to increase class sizes. Dan mentioned we are slowly raising class sizes while still maintaining physical distancing.

Jeff asked about the fitness club usage. Dan mentioned that we've been growing by about 1% since we reopened. However, recently usage grew by about 4%. Steve asked who is joining - new or returning members? Dan indicated it's about 50/50. Golf membership is the best it's been since Dan's joined CA.

Jack mentioned that he believes it's good the Haven transition happened. Jack indicated that it felt like Columbia Gym took on a lot of the Haven programming and was glad the transition was over.

S&F Updates

The CA Board approved the budget. Haven on the Lake has closed and Kevin has transitioned to Columbia Gym as the interim GM while Laurie is out. Aqua spin moved over to Columbia Gym and a beautiful new Pilates Studio was built at Columbia Gym. In terms of the budget, CA still has a long way to go in regaining members this year. We still have 2,000 people frozen; help us encourage them to check out the facilities.

Milton Matthews has moved on. He provided great leadership and was beloved by the staff/community. The new CA CEO/President is Lakey Boyd who began last Monday. She has a background in public and private industry; she has a background in city planning.

Dick Boulton shared that the process to pick a new CEO started from 82 candidates who applied last Fall. The search narrowed down to 15 and then 5 really good candidates. Lakey really stood out with her enthusiasm and energy. She really researched Columbia and Rouse.

Dan indicated that Sport & Fitness is looking to build more grass roots connections within our community. COVID has shown us we can get by with video meetings, but there is value in getting out and building social connections. Dan shared a Kaiser study that lack of physical activity correlates with negative COVID outcomes. Sport & Fitness wants to help support physical activity in our community.

Jack asked about Clarabridge feedback. The wellbeing survey sent in January only went to the main member in the household (active, canceled and frozen.) People mentioned they missed the pools. People also missed going to the gym and working out. People mentioned they were looking forward to social events with friends/family and eating out. People miss people. They want to get out and socialize.

Jack asked about proposals in the budget including no annual charge raise. Dan indicated that was adopted. 15 outdoor pools will open. Half of the visits are usually just to visit the pool, but the other half are for programs in the pool (neighborhood swim league, aqua classes, etc.) It was a big challenge.

Jack suggested CA send out a dedicated email to highlight Kidspace reopening.

Jessica indicated she was looking forward to TRX returning to the fitness clubs.

Next Meeting: The next meeting will be held on Monday, August 9 at 7:00pm. This will be another virtual meeting through Google.