

SBCA Health and Fitness Committee Minutes

December 1, 2022

Attendees: Dean Rosenthal, Barb Sweet, John Sweet, Chair – Randy Edwards

Absent: Maureen Black, Jeanette Hanson

Others: Gil Skinner, Christine Spagel, Chuck and Sherry Gerstenberger.

1. Call Meeting to Order @ 9:32a.
2. Determine Quorum - Yes
3. Approval of Agenda – Dean/Barb
4. Approval of Minutes of November 3, 2022 – Consensus.
5. Captain's Reports

Aerobic Room: Dean Rosenthal - elliptical squeaks.

Weight Room: Dean Rosenthal – Storage of 84” bar was discussed, and solution arrived at post-meeting. Dean replaced 2 lb. medicine ball that went missing. Need to organize dumb bells. Could be Eblast regarding equipment not to be removed from facility.

Pool: Barb Sweet/Jeanette Hanson TV install in progress. Plug will run through the wall to the utility room so there is no outlet on the pool side. Discussion regarding use of TV for things other than classes.

Floor Exercise: Barb Sweet - No report.

Fitness Classes: John Sweet – Watch weekly eblasts and website for a good offering of classes. Sherry Gerstenberger said the yoga class being offered by VK Shelton is the best experience she has had in such a class.

Locker Rooms: Dean Rosenthal/Jeanette Hanson – Is now in the hands of the facilities committee.

Courts: Maureen Black – Courts were cleaned. Mark expressed a concern that the far court could be closed due to erosion and sinking caused by roots undermining the court. Raises a safety concern. Sherry Gerstenberger gave testimony regarding the popularity of pickleball and should be an amenity offered SBCA members.

Communications/*Communique*: John Sweet – Mentioned that this is the one-year anniversary of the *Communique*. December will focus on how exercise can help alleviate inflammation. Will continue to focus on benefits of exercise, especially for older Americans, and promotion of club facilities. Barb mentioned that some of the classes, like VK Shelton's yoga, could be featured. Dean passes on ideas and those ideas are in the que for future additions.

Outdoor Fitness: Dean Rosenthal – Attended a meeting with the facilities committee regarding hiring an architect to design outdoor area facilities. There was a certain degree of enthusiasm for outdoor courts for various activities. Discussion about putting all exercise facilities under a bubble that would cover a sports area.

6. Old Business

1. Prioritization of future considerations – John showed a spreadsheet ranking the results of four committee members reaction to 16 ideas for future consideration. Top three ranked items were 1) Outdoor fitness equipment either behind the building and/or along the trail system. 2) Tennis/pickleball/badminton/volleyball court onsite including Bocce ball court and cornhole court. 3) Trail system around entire Bay Club

property including shoreline. May include ground level deck for Tai Chi, Yoga, etc. in quiet location and a landscaped meditation area.

2. Dean attended the Jefferson Healthcare fall prevention seminar which included a risk assessment for falling and said people left wanting more information regarding balance exercises, how to cushion your fall and how to get up. There is an interest in hands-on demonstrations. Dean also mentioned interest in a directory of services for these kinds of activities.

7. New Business

1. Refine the specifics of outdoor exercise options.

8. Next Meeting: January 5, 2023