

SBCA

Health & Fitness Committee Minutes

January 5, 2023

Attendees; Dean Rosenthal, Jeannette Hanson, Peggy Ponto, Chair- Randy Edwards

Absent: John Sweet, Barb Sweet, Maureen Black

Present: Cheri Gerstenberger, Christine Spagel.

1. Meeting called to Order at 9:34
2. Determine Quorum - Yes
3. Approval of Agenda - Yes- Dean/Jeanette
4. Approval of Minutes - Yes-Peggy/Jeanette
5. Captains Reports -

Aerobic Room: Dean - Elliptical Fixed / Needed oil.

Weight Room: Dean - Upholstery cracking on weight bench. Discussion on whether to replace or repair. Dean said that it is a very good bench and would be worth repairing rather than replacing. Members are using new slant board. Discussion on replacing medicine ball. Need new anchor board for resistance bands. Dean will research a professional fix for that.

Pool: Jeannette - No new issues.

Floor Exercise: No Report.

Fitness Classes: No Report. Cheri Gerstenberger commented that Vi Shelton's Yoga class is being very well attended, especially after there were some changes made to the schedule. Cheri also requested Yoga Straps for the Yoga classes. We currently do not have enough of them. Randy asked Mark about the budget for that. Mark determined this was a small expense and we had the budget to cover it. They will be ordered.

Locker Rooms: Dean reported that the plumbing problem in the mens was fixed. Jeannette said thanks for new shower curtains in womens. Discussion of remodel of both Locker Rooms - no action needed from H & F at this time. Mark said we were waiting for information back from Bob Kent. This project is in the hands of another committee.

Health and Fitness Communique: John Sweet sent an early draft of February's edition. Thanks again to John for his fine work on this.

Tennis Courts: Maureen communicated that all was well, given the time of year and low level of play.

Old Business –

- A.** Presentation of the prioritization of Future Considerations: Randy discussed with the Facilities Committee - Board needs to put together a plan of action from survey that was done. Ad Hoc committee already formed. The top 3 Health and Fitness committee priorities seem to fit nicely with findings.
- B.** Refining the specifics of outdoor exercise options - The Board has heard loud and clear that Pickleball is the #1 outdoor exercise option that our members desire to be added. What is not clear is what that will look like. Board is working on ideas. Working together with LMC is one option. Another might be an on-site option. Again, Ad-Hoc Committee is working on this with findings from the team that was hired to determine best usages for our SBCA property.
- C.** Missing equipment again. Possible reminder to members? Could be included in other communications - Eblast?

- D.** Update on TV in Pool Area - The TV we selected (Outdoor Samsung The Terrace) was approved. Mark has ordering information. Placement approved by Health and Fitness Committee. Wiring done. Facilities Committee to also review placement. Working on ideas of how to promote once it is installed - including "Open House."

New Business

- A.** Discussion of development of procedures/processes for new ideas. Randy suggesting that we have all questions answered and put together a complete proposal. Also, a discussion about the idea of each committee having a "budget" for smaller items so there was no need to wait for higher approval.
- B.** Update on replacement Cardio equipment - Dean asked whether the replacement cardio items that we had agreed to last year had been ordered. Items are: Elliptical, Treadmill (consider a higher grade than Spirit?), and Stepper- Stepper to be replaced with ARC Trainer. Mark confirmed that these were capital items. Randy/Dean to confirm models, etc.
- C.** Discussion of how/where to add a rack to weight room - Randy and Dean were to review after meeting.

Comments: Cheri Gerstenberger also added a question as to whether it would be prudent to save money by buying gently used equipment as we need it. Randy brought up the fact that this was a good idea, but due to liability issues, better to buy new. John Sweet wondered what was the status of the scheduling system / app that he had worked on. Mark said that he would put Melanie and Kate to work on it.

Meeting adjourned at 11:43 AM. Peggy/Randy.

Next meeting - February 2nd.