

SBCA Health and Fitness Committee Minutes

March 3, 2023

Attendees: Dean Rosenthal, Barb Sweet, John Sweet, Jeannette Hanson, Peggy Ponto, and Randy Edwards. Others: Gil Skinner, Christine Spagel and Diane Olson.

Absent: Maureen Black.

Agenda:

1. Call Meeting to Order at 0930 hrs
2. Determine Quorum – yes.
3. Approval of Agenda – Motion Jeannette/Peggy. Passed.
4. Approval of Minutes – Dean/Jeannette. Passed
5. Captain's Reports
 - Aerobic Room: Dean Rosenthal- Elliptical is out of order awaiting parts. NuStep has damaged console but is useable while awaiting service.
 - Weight Room: Dean Rosenthal - Maintaining equipment, i.e. silicone. Resistance bands and wall anchors are in place.
 - Pool: Jeannette Hanson – Pool cover to be removed from pool area.
 - Floor Exercise: Barb Sweet – Yoga straps for yoga classes in place.
 - Fitness Classes: John Sweet – See the Monday morning emails for a wide array of classes occurring during the week.
 - Locker Rooms: Men's – Dean: No Report.
Women's – Jeanette: No report.
 - Communications/Communique: John Sweet – April is in progress. May will focus on mental health awareness month.
 - Courts: John reported that pickleball courts at the Beach Club remain active during the winter closing only for ice, snow, and rain. There has been play at 34°. There are eight courts at the Beach Club, four permanent and four temporary. Beginner and skill building sessions will begin in April.
6. **Old Business**
 - Review of E Blast procedures: What kind of information do we want to go out? Note equipment problems as a heads up. Eblasts go to all members. People interested in health and fitness can sign up at the table near the stretching area for health and fitness related EBlasts.
 - Anymore input on what level of fitness equipment and fitness facility we should work towards? We should watch for changing trends in equipment and the changing needs and interests of members as current equipment comes up for replacement.
 - Have coat hooks been installed? No report.

7. New Business

- Update on pool TV and the addition of virtual water exercises/aerobics to the pool schedule. Speakers may be needed for the TV. Bluetooth battery operated speakers might work best. Scheduling of times the pool TV is available is in process. Directions will be available on how to stream programs in the form of a handout and will be given out when people check out the remote from the front desk. Jeannette is working on a list of videos accessible by internet. Jeanette is also working a date for an open/house roll out on how everything works.

- Should all exercise links be reviewed first by the committee for approval prior to website placement? Manuals are available in each area on how to operate all equipment. An RFP has went out to Active Life PT and Jefferson Healthcare asking for proposals to instruct on use of machines. Timeline for this is June/July. There was discussion on having a physical therapist make a video on the proper use of each station and having it linked to the Bay Club website so it can be available at any time.

Diane Olson spoke to how a personal trainer could be involved with and without the supervision of a physical therapist.

8. Manager's Remarks: None.

9. Comments: Question was raised as to the location of the AED. Answer: at front desk. It was suggested that signage around the building might be helpful stating the location.

10. Next Meeting: 04-06-2023

11. Adjourned at 1050 hrs.