

SBCA Health and Fitness Committee

Minutes 11/02/2023

Attendees: Dean Rosenthal, Jeannette Hanson, David Reineke, Diane Olson, Mark Torres.

Absent: John Sweet, Barb Sweet, Randy Edwards.

Agenda:

1. Meeting called to Order at 0930 hrs.
2. Quorum present.
3. Approval of Agenda – moved/seconded/approved.
4. Approval of Minutes of October meeting – moved/seconded/approved.
5. Captains' Reports:

Aerobic Room: Dave Reineke—Room and equipment generally in good condition. Room sees good steady use. Discussion re humidity and difficulty to solve given pool proximity and cost. Suggested to keep doors closed and open windows if necessary. Mark may add appropriate signage.

Weight Room: Dean Rosenthal – Ross has done some repair work on leg press. Chest press and pec machine need some adjustment. Suggestion that someone from the committee be present when the repair person comes so issues can be pointed out.

Pool: Jeanette Hanson – Things are going well, good sessions and attendance. Issue noted re people leaving possessions behind. Noted possibility of purchasing attractive plastic storage bins. Jeanette will research. Discussion re conflicts in lane bookings for lap swim. Noted that recently added time slots should alleviate conflicts. Pool users should respect open-swim time vs lap-swim time. Affected pool users should talk to staff first, and appropriate use should be enforced by staff. Noted that there was an exception to rule allowing only one person per lane in case of swimmer using lane for physical therapy with another person assisting. This was not considered a problem. Discussion re adequacy of locker rooms and potential remodeling. Open to suggestions for new floorplan, recognizing budget limitations and that footprint of locker room cannot increase. The possibility of purchasing lockers with fold-out seats discussed.

Floor Exercise: Barb Sweet absent. Observed that floor exercises are well attended and running smoothly.

Fitness Classes: John Sweet absent. Dean noted that Michael Haberpointner's handouts have been collected in a notebook and are available for reference.

Locker Rooms: See above under Pool.

Communications/Communique: John Sweet absent.

6. Old Business:

Discussion of gift basket for Michael Haberpointner's office in recognition of classes they have presented at club. The budget is \$200. The committee will choose an option after details are provided, and Dean will order and arrange delivery.

Discussion whether soundbar or speakers are appropriate for pool area. Need waterproof/outdoor equipment. Mark will supervise and present to the finance committee re expense.

Discussion re presentations on health topic of bone density. Jefferson Healthcare is presenting a lecture. To be noted in John's Communique. Mark has forwarded details. Date to be announced.

7. New Business:

Discussion of survey regarding fitness center usage. Diane Olson and Dean presented a draft of survey to be provided to all homeowners and fitness groups. Motion made, seconded, and approved to adopt the draft survey with minor changes.

8. Manager's Remarks – None.

9. Comments – None.

10. Next Meeting: 12-7-23.

11. Meeting adjourned at 1030 hrs.