

SBCA Health and Fitness Committee

Minutes 7 Dec 2023

Attendees: Dean Rosenthal, Barb Sweet, Jeannette Hanson, David Reineke, Diane Olson, Randy Edwards, Mark Torres (SBCA General Manager), Christine Spagle (SBCA President).

1. Meeting called to Order at 9:31 a.m.
2. Quorum present.
3. Approval of Agenda – moved/seconded/approved.
4. Approval of Minutes of November meeting – moved/seconded/approved.
5. Captains' Reports:

Aerobics Room: Dave Reineke — Room and equipment generally in good condition. Room sees good steady use. Cybex treadmill is having issues and repairs are underway. Elliptical machine has a slight squeak and may need occasional lubrication or maintenance. Discussion re humidity and difficulty to solve given pool proximity and cost. Suggested to keep doors closed and open windows if necessary. Stand-alone AC or dehumidifier may be eventual solution.

Weight Room: Dean Rosenthal – Several small issues have been addressed and fixed recently. It may be hard to find parts for the Nautilus machine at some point. The hip machine and the upholstery on the pec station have been repaired.

Pool: Jeanette Hanson – Overall, things are going well. There was a recent complaint that it takes a long time for the hot tub jets to turn on after pushing the buttons. Mark will check on it. The pool sees good attendance and video exercise sessions are going well. There is a concern that certain time-slots, such as Friday at 11:00, may be underutilized and that there is a possible conflict between water aerobics and lap-swim times. Per Mark, staffing is the issue. Conversation regarding expectations of some members regarding maintenance may not be realistic given staffing limitations.

Floor Exercise: No report.

Fitness Classes: No report.

Locker Rooms: Shower has been repaired.

Communications/Communique: Noted that the Communique is well received and appreciated. One homeowner has opted out of receiving it.

6. Old Business:

A gift basket from Harry and David has been delivered to Michael Haberpointner's office in recognition of classes they have presented at the club. The staff appreciated it.

A soundbar will be purchased and installed in the pool area. It will be hard-wired to the TV to eliminate time-lag.

A plastic storage bin will be purchased for the pool area. Jeanette is looking for one large enough and with mesh sides.

Discussion of need for medical emergency plan. Would be helpful to schedule CPR classes. Best to call 911 in an emergency and let trained EMT personnel handle emergencies.

Repairs to exercise equipment: see above.

Changes to bathrooms: Looking at options. Aesthetics and cost are considerations. Would like to expand changing areas. Drawings will be prepared to show contractors our ideas.

7. New Business:

Discussion of survey regarding fitness center usage. The SBCA board will be reviewing the survey and will get back to the committee by the next meeting. Plan to send out survey to residents/members after holidays.

Future classes: A presentation on osteoporosis is planned for June. Rayanne from Active Life will present on floor exercise and stretching on January 5. Jefferson Health Care will present a class on nutrition on January 24. Diane will present a class on suspension strap and functional training February 2. A presentation on rehab from injury/surgery is scheduled for March 1.

Pickleball: Consensus that pickleball is worthwhile and of benefit to the community. Local pickleball club reported to be working with PLA to use old tennis courts near golf driving range for pickleball and possibly tennis.

8. Manager's Remarks: Mark noted fewer people attended recent resistance band class than were signed up. Perhaps could allow more people to sign up in anticipation that some will not attend.

9. Comments: None.

10. Next Meeting: 01-04-24.

11. Meeting adjourned at 10:30 a.m.