

SBCA Health and Fitness Committee

Minutes 4 January 2024

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

1. Meeting called to Order at 9:35 a.m.
2. Quorum present.
3. Approval of Agenda – moved/seconded/approved.
4. Approval of Minutes of December 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. A part is on order.

Weight Room: Dean Rosenthal – Overall, everything is going well. The functional trainer has an issue with uneven cables. Should have Jared adjust lengths.

Pool: Jeannette Hanson – Mark and staff are getting the new storage bin set up. A discrepancy was noted between the paper copy of the schedule and the virtual copy. Mark will look into it.

Floor Exercise: No report.

Fitness Classes: No report.

Locker Rooms: No change in status.

Communications/Communique: Noted that the Communique is a good-looking publication and is well received and appreciated.

6. Old Business:

The fitness survey should be ready for distribution to residents in January after a few minor changes are made. Mark noted that the new sound bar has arrived and is awaiting installation, probably this month. The new storage bin is now in place in the pool area. There is no update on the bathroom remodel, and it may be necessary to coordinate timing of the remodel with consideration of the reserve account, as there are several other upcoming expenses anticipated.

7. New Business:

It was noted that there was a noise complaint by hot tub users unhappy with volume of the sound bar used for pool exercises. The committee adjourned to the pool area for a demonstration. It was agreed that the boom box was very loud and perhaps the volume could be turned down or scheduling could be adjusted so that uses do not overlap.

The committee discussed ideas for future demos and lectures. Suggestions included adding classes focusing on outdoor activities, the weight room, and general fitness classes. It was also suggested to ask Diane Olson and Michael Haberpoiner for suggestions. It was also noted that responses to the pending survey might include useful suggestions. It was agreed to amend the pending survey to ask what "one thing" residents would like to see regarding fitness classes. The committee decided to think about the issue and be ready to present ideas at the next meeting.

8. Manager's Remarks: None.

9. Comments: The committee recognized that Dean has done an excellent job in scheduling and coordinating fitness classes.

10. Next Meeting: 02-01-24.

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