

SBCA Health and Fitness Committee Meeting Minutes, 04 April 2024

Attendees: Dean Rosenthal, Jeannette Hanson, John Sweet, Barb Sweet, David Reineke, Diane Olson, Michael Stuber (SBCA board member) Kare Sargent (Guest).

1. Meeting called to order at 9:30 a.m.

2. Quorum established.

3. Approval of Agenda – moved/seconded/approved.

4. Approval of Minutes of last meeting – moved/seconded/approved.

5. Captains' Reports:

Aerobics Room: Dave Reineke — Room and equipment are generally in good condition. Room sees good steady use. There was an issue with the stationary bike. It was repaired by Mike Porter.

Weight Room: Dean Rosenthal – Everything is generally okay. Dean has acquired new dumbbells, 60 and 70 pounds, for the weight room. Diane commented that the large Sitzballs are not big enough for taller people. It was suggested to try inflating them more before acquiring new ones. Dean also noted that there is a shoulder pulley missing and apparently it has been stolen. He recently found a Nautilus shoulder strap in a drawer, and other items have been discovered outside the workout area—not sure who moved them or why. There was a discussion on possibly acquiring security cameras due to theft and safety concerns. Rather than install cameras, it was agreed that club users should exercise personal responsibility when using/visiting the facility.

Pool: Jeannette Hanson – Overall, things are going well, no issues. Soundbar has been set up and is working. Jeannette is aware of occasional volume issues.

Floor Exercise: Barb Sweet—Things are going fine. No major issues.

Fitness Classes: John Sweet—John noted that respondents to the recent survey requested a variety of new classes (see below).

Locker Rooms: Jeannette Hanson—Noted that repairs have been completed to stall door in women's locker room.

Communications/Communiqué: John Sweet—John is considering adding a new section on heart healthy recipes. A healthy smoothy recipe will be featured in the May edition. Conversation led to discussion about the pancake breakfasts, and John mentioned that according to one of the cooks, the recipe for pancakes includes healthy ingredients.

6. Old Business: There was continued discussion on the results of the fitness survey. It was suggested that we focus on suggestions that are reasonably achievable. Some respondents requested additional classes and activities. John suggested we consider Pétanque as an option. Although it would require installation of courts, the board agreed that it was an option worth pursuing in the future. Diane suggested classes on chair yoga and resistance-band exercise, and she volunteered to teach a free resistance-band class once a week for a month on a trial basis, starting May 1. Michael and Dean indicated that they would acquire several sets of resistance bands for the classes. It was noted that there are often competing demands for the limited space available at the club. Michael noted the importance of cooperation among groups for scheduling. He also suggested that club staff conduct a head count in club areas during the day to gauge usage. The committee unanimously agreed that the head count suggestion should be forwarded to club management with committee recommendation. Some survey respondents requested additional equipment, such as another elliptical machine. Since the committee has no budget, we would need to request funding from the SBCA board for more equipment. It was noted that at the SBCA board meeting on 03-14-24, the board approved the committee's request to purchase a bench-press machine next fiscal year in an amount not to exceed \$1,100. The committee agreed to ask Michael Stuber to approach the SBCA board to investigate how the system works and whether it would make sense to give the committee more of a say in what and when equipment is purchased.

7. New Business: The committee also continued discussion of topics for lectures and demos from Michael Haberpointner of Active Life Physical Therapy. He is scheduled to teach a functional training class on 04-05-24. It was suggested that he be asked to do a question-and-answer session for one of his next presentations.

8. Manager's Remarks: None.

9. Comments: John noted that the local pickleball club has taken over the tennis courts near the golf course. They are now pressure washing and filling cracks. They will have three courts ready for use. All work is being done by volunteers.

10. Meeting adjourned at 11:00 a.m. Next meeting: 05-02-24.