

## **SBCA Health & Fitness Committee Charter**

### **PURPOSE:**

Promote physical and cognitive health through fitness in a safe, well equipped fitness center useful for all ages, abilities, and states of health and fitness, and serve in an advisory capacity to the SBCA Board of Directors on matters relating to health and fitness.

### **RESPONSIBILITIES:**

1. Assist the General Manager in responsibilities to maintain, clean, and provide for safe and orderly fitness areas\*.
2. Assist the General Manager in responsibilities to keep fitness equipment in good working order.
3. Serve as a conduit between the SBCA Board of Directors and members regarding, ideas, input, and feedback relating to Health & Fitness
4. Keep up to date with new technologies, equipment, and fitness trends. Research new equipment and make recommendations to the Facilities Committee.
5. Work with the Activities and Amenities Committee for fitness and health related seminars, lectures, workshops, social events, group fitness programs and demonstrations.

*\*SBCA Bay Club Fitness Areas are defined as the Pool, Cardio Room, Weight Room, Stretching Area, and locker rooms and areas where group fitness is performed, and any other outdoor area designated as fitness related*

Approved, **SBCA** Board of Directors:

FEBRUARY 10, 2022, at SBCA BOD meeting.

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