

# South Bay Community Association

## Health and Fitness Committee

### Draft Minutes 1/9/20

**Call to Order:** Meeting called to order at 9:35am.

**Quorum Present:** Chair-Dean Rosenthal, Committee Members-  
Chris Dean, Susan

Shadrick, Dave Jurca, John Robertson, Mac  
McCulloch, Mike

Mike Porter GM- Mark Torres Guest- Michael  
Haberpointner

#### ***Captain's Reports: With Manager's Input***

Aerobic Room: Spirit Elliptical needs lubrication. NuStep working OK  
now however, Mark not happy with NuStep  
support. Will express to  
company. Members mostly use equipment in basic  
modes; not  
venturing into extended features though younger  
members and young guests do like the program  
ability of the equipment. Climate issues may be  
mitigated in the future with a ductless heat/cool  
system.

Weight Room: Everything working well.

Pool: Need to clarify and probably redo "rules" signs  
including adding pool etiquette. Consensus is that  
no lane ropes are needed.  
Equipment organization and update will be included  
in next  
month's agenda. Mark will be looking for a new  
automated distribution system to control chemistries  
more accurately, efficiently, and less costly than the  
existing method. Plans also for pool refinishing  
and new glass pool doors.

Floor Exercise: Everything in good working order. Mac McCulloch will educate himself by using the available library of books and notebooks on the use of all the equipment.

Fitness Classes: Poor attendance has been noticed for many of the classes offered. There may be multiple reasons which need to be identified however one obvious issue that needs to be mitigated is the requirement of the SBCA for instructors to carry their own liability insurance. This seems to be a roadblock to attracting new classes and losing existing classes (Yolates) to the Beach Club. Mark will speak with the SBCA insurance carrier about remedies. Mac would like to see regular Yoga and Tai Chi classes included on our repertoire. Hard flooring placement in the card/class rooms will improve the flexibility of usage by the space. Will mitigate the damage caused to the auditorium floor by tap dancers and line dancers by moving the classes to this area according to respectful scheduling. The expected new TV in the room may be useful for future fitness activities that require streaming. Allayed fears that "Fitness is taking over the building". We are very respectful and appreciative of all other functions and activities at the Bay Club.

Locker Rooms: The existing locker rooms have many issues. Consensus is that they need better lighting, individualized climate control, updated esthetics, locker replacement, less mobile floor mats, and re-design for better space utilization. May need to consider a larger hot water tank due to cold water shower experiences. Refer to Facilities Committee.

**Old Business:** Michael Haberpointner has accepted consultancy working at minimum, 16 hours a year for the SBCA. He has offered "direct access to his team of fitness

doctors/professionals.....injury screenings as well as pre-fitness screenings for people interested in starting a fitness program.....anyone with fitness questions about the equipment could call us directly.....provide an education seminar.....could set up injury/pre-fitness screening days maybe once a month where members can stop by during this set time and ask questions.”

A meeting will be set up with Michael and the Board to work out the details. Everyone is very excited about this added feature our Fitness Programs!

***New Business:*** John made a presentation about the health benefits of sauna use and feels that it would be a great amenity for the SBCA to offer to its members. The pool area would be the best place for it. More research needs to be done to figure out the most suitable size, type, cost and final location for this independent unit. Mike expressed that consideration should be made about maintenance of a unit before deciding on whether the SBCA should obtain one. However, most of the committee members seemed enthusiastic about its addition to our Fitness Center. After more definitive planning, we will propose it to the Facilities Committee.

We briefly discussed the utilization of a survey(s) for the ability to take advantage of some member’s Medicare supplemental insurance program fitness offerings. We think it would of use to know how the fitness center is being utilized by the membership and what critiques and additions the membership would want to see for our Fitness Center and associated activities.

***Next Meeting:2/13/20 9:30am***