

South Bay Community Association

Health and Fitness Committee

Draft Minutes 2/13/20 Workshop

Call to Order: Workshop Meeting called to order at 9:30am.

Non-Quorum Present: Chair-Dean Rosenthal, Committee Members-
Chris Dean, Dave Jurca, Mike Porter, Guest-
David Nugent

Captain's Reports: With Manager's Input

Aerobic Room: Spirit Elliptical joints silicone. Check Locker Room report. Worthwhile to have instructions on how to use TV remote. Instructions on use of equipment may be more accepted if done by an "expert" in a scheduled formal demonstration.

Weight Room: Cable in Nautilus Multi-station untwined and re-secured.

Pool: Need to go over "Rules and Etiquette", purchase noodle replacements, and choose and purchase organizer basket.

Floor Exercise: Agility ladder purchased and instructions added to room manual. Newly discovered mirrors in the shed could be used on the stretching bar wall. Will have to cut the mirror into two pieces so can mount above and below bar. May want to center bar on the wall.

Fitness Classes: While auditorium has been closed for floor repair and ceiling fan placement, floor exercises have been carried out in the card/classroom. Portable mirrors brought in for classes. Everything seemed to work well. New hard flooring planned to accommodate tap and line dancing in card/classroom. Still need to remove insurance barrier to instructors for fitness classes like Yolates, Yoga, and Tai Chi. Will ask Mark's progress.

Locker Rooms: _____ Future plan to separate Heat/AC from Aerobic room. Plan for _____ ductless system in Aerobic room and wall heater for women's _____ locker room. Repaired shower control in men's locker room.

Old Business: Tweaking agreement for Dr. Michael Haberpointner consultancy. _____ Once scheduled sessions occur, will see how they work before _____ setting up any needed rules. However, consensus is that a _____ schedule of consultations at the Bay Club be well advertised in advance.

Postpone John Robertson's Sauna proposal until next meeting.

New Business: Draft Survey for Medicare Supplemental Insurance discussed. Will _____ continue and tweak at next meeting. Need a motion and vote to move on _____ to SBCA Board. Collaborate with Communications Committee.

Mirror in floor exercise/stretching room.

Budget for H&F discussed. Want monies set aside for Reserve, Capital _____ Improvement, and Consumables. Consider future new treadmill, another _____ aerobic machine, weight room accessories, bocce courts, sauna, gazebo fitness trail etc.. Perhaps \$7000/year would be an acceptable amount.

Workshop on Reasons that members may use as excuse to not exercise _____ and possible ways SBCA can assist to help overcome.

Ask Mark if SBCA software can predict fitness center busyness and if can _____ inform member callers how many users there are in the fitness center. _____ This may help inform about availability of equipment.

Use "The Voice" articles to expound on the benefits of exercise and _____ physical activity and ways to overcome impediments to exercise.

Next Voice Article Author: Dean

Next Meeting: 3/12/20 9:30am