

SBCA Health and Fitness Committee Minute
May 1, 2025

Attendees: John Sweet, Barb Sweet, Carolyn O'Keeffe, Diane Olson, Chris Spagle (board vice president), Kare Sargent, Mark Torres

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

Quorum was present.

Motion to approve agenda: Barb/Carolyn. Passed

Motion to approve minutes: Barb/Carolyn. Passed

Captain's Reports:

Aerobic Room: The elliptical has electrical plug. The lighting is fixed and much better. Collecting more information on stepmills including advice from Justin (our gym maintenance person). To accommodate limited space, less than 55' depth to allow space between stepmill and rowing machine. So far, Technogym's model and the Stairmaster Gauntlet 4G fit the bill. Technogym is better built but costs more than the Stairmaster. Further discussion in June.

Barb inquired about the upper ergometer machine. Is that still being considered?

Weight Room; No Report

Pool: Looking into a de-humidifier

Floor Area: No Report

Fitness Classes: Steve Doob is organizing a Sunday clinic called, "The Essence of Tai Chi."

Locker Rooms: No Report

Old Business:

Barb Sweet said Vagus Nerve clinic was well received with 14 attendees.

John Sweet clarified Frank Deering's request for Tai Chi mirrors. Frank is requesting lower profile mirrors in addition to the taller mirrors now in use.

His students need to see several postural angles during his classes. This item is still on the table and will be discussed at a future meeting.

New Business:

Tension Strap in the weight room snapped during a member workout. An accident report was filed and the member said she was okay. The cause of the break is undetermined. It could have been a design flaw or misuse of the tension release lever.

In preparation for Active Life's Friday morning clinic, the trap bar became a source of concern. Diane Olson received a phone call prior to the event by Michael Haberpointner letting her know that the trap bar would not be discussed. In conjunction with that discussion, Diane said she would not be using the trap bar with her clients. Most of them have bone density issues and the trap bar is 30 lbs, awkward to set up at an appropriate height, and space is insufficient. There are other options in our fitness area. With an exercise prescription from a physical therapist or orthopedic, Diane will do weighted dead lifts if the client has sufficient core strength, flexible hamstrings, and appropriate posture. Normally, a personal trainer starts with a dowel and does not do spinal flexion with osteoporotic clients. It is too much of a liability. Discussion will continue in June.

Diane distributed a rough draft of the 2025 South Bay Fitness and Health Expo. She has reserved the auditorium for Saturday, July 26. The Health and Fitness Committee is going to coordinate and organize with Activities and Facilities Committees. Kare Sargent and Diane are meeting in two weeks to solidify more plans.

Carolyn suggested a survey in the Communique and in the weight room asking members for feedback regarding equipment used and possible topics for future presentations, i.e., cognitive health, diet, etc. NOTE: a reminder from last month was a podiatrist discussing foot health. Discussion to follow in June.

John announced the Pickleball season is in full bloom. Check out the courts near the Port Ludlow golf course.

Manager's Remarks: No Report

Next Meeting: June 5, 2025

Meeting adjourned at 10:45