

SBCA Health & Fitness Committee Meeting
August 7, 2025

1. Call to Order at 9:30
2. Determination of Quorum: Committee members present: Jeanette Hanson, Barb Sweet, John Sweet, Faye Beuby, Carolyn Okeefe, Christine Spagle (Chair): a quorum was present. Present ex-officio was GM Mark Torres.

At this point Spagle altered the order of the agenda to address continuing committee members. Jeanette Hanson, Barb Sweet and John Sweet are willing to continue on the Committee this fiscal year. Additionally, Randy Edwards, Kare Sargent, Adina Rivers and Dean Rosenthal have volunteered to serve on the Committee. Barb Sweet moved to recommend the Board approve the above named individuals to the Committee, 2nd by Jeanette Hanson, carried unanimously.

3. Approve Agenda, two additions to the agenda under New Business by John Sweet: recap of Ballroom dance classes and the Communique.

Motion to approve amended agenda by John Sweet, 2nd by Jeanette Hanson, carried unanimously

4. Approve Minutes of May 27, 2025

No changes to the draft minutes, motion to approve by Jeanette Hanson, 2nd Barb Sweet, carried unanimously.

5. Old Business:

- a. Follow up to May 1 meeting regarding potential topics for future presentations.

Suggestions included:

- “Orientation Day” where members would be informed of the various wellness activities available to them such as Zumba and dance classes. Prior committee member Diane Olson has a list that Christine will secure.
- An Event such as a walk-a-thon that would benefit a charitable organization as well as the SBCA, same idea as the pancake breakfast. Considerations would include liability issues, volunteers to assist, traffic control and other administrative costs.
- Schedule a fitness area open house similar to ones presented in the past – we are always getting new members who are unfamiliar with what’s available and how to operate some of the equipment.
- Spagle asked the other members to email her any additional ideas
- John Sweet reminded the committee that the idea of a survey of members re: equipment they used had been raised previously and needed to be moved up the priority list of to-dos.
- Consider coordinating with Activities and Jefferson Health Care for chef Arron Stark to demonstrate healthy food prep for a 1 or 2 person household.
- Any additional items can be emailed to Christine.

Randy Edwards and Dean Rosenthal will provide the committee a plan of replacement for our current fitness equipment and consider existing space and the type of equipment that is best suited for our member demographic. This would be a long term plan with change out occurring as equipment is replaced in the normal course of business.

6. New Business

a. FYE 6-30-26 committee members – see above .

b. Captain's Reports

-Aerobic Room-Dean Rosenthal: Replacing the stair stepper is in process; determining if a stair mill would be a better replacement.

-Weight Room-Dean Rosenthal: No issues

-Stretch Area-Barb Sweet: No issues

-Pool-Jeanette Hanson: Attendance is good and they are looking to acquire some new videos.

-Locker Rooms

Ladies-Jeanette Hanson: Looking forward to getting new lockers, Mark is working the issue and a determination will be made as to type of locker desired (pull down seat or not) with a decision to Mark by January.

Men's-Dean Rosenthal: Dean would like to see the space organized more efficiently and asked if there was a possibility one of the sinks could be removed to make more space for lockers. Mark will look into it for cost and if there are any county/state requirements for more than one sink.

Ballroom Dancing Class(es). Report from John Sweet.

The classes are very popular and have filled the spaces available. About 1/3 of the participants are from outside SBGA and are paid attendees. Classes are held in the "classroom" and there is some concern from participants about the room size and lack of handwashing supplies. Chester has not brought these issues to Mark.

Communique: John would like any ideas for items to be included in the Communique to be sent to him. John has spent 5 years seeking topics of interest/import to our members to include– let's help him out!

Issues from Other Committees: None

7. Comments: None

8. Motion to adjourn by John Sweet, 2nd Jeanette Hanson, carried unanimously.

Submitted by Chair Christine Spagle

Next Health & Fitness Meeting: September 4, 2025 at 9:30am