

**SBCA Health & Fitness Committee Meeting**  
**October 2, 2025**  
**Final Minutes**

1. Call to Order at 9:30am
2. Determination of Quorum: Eight of nine committee members present – quorum achieved.  
Committee Members Present:
  - Chair Christine Spagle
  - Faye Beuby
  - Randy Edwards
  - Jeannette Hanson
  - Kare Sargent
  - Barb Sweet
  - John Sweet
  - Dean RosenthalAbsent: Adina Rivers  
Also in attendance ex officio: GM Mark Torres  
Audience: Steve Doob
3. Approve Agenda
  - No additions
  - Motion to approve by John Sweet, 2<sup>nd</sup> Randy Edwards, carried unanimously
4. Approve Minutes of September 4, 2025
  - No additions/corrections
  - Motion to approve by Barb Sweet, 2<sup>nd</sup> Jeannette Hanson, carried unanimously
5. Old Business:
  - a. Potential topics for presentations/alignment with Communique
    - Potential topics hip health/falls/building muscle strength;
    - JHC to consider repeating some presentations that were well attended/well received
  - b. Posting of minutes – timeframes
    - Chris asked that committee members respond to the draft minutes, even if there are no edits noted.
  - c. Floor plan(s) Weight and Cardio rooms
    - Review and discussion of floor plans for the weight and cardio rooms from Dean Rosenthal. Chris has asked that Dean and Randy Edwards work together to come up with floor plans for those rooms with best/most efficient use of the spaces and potential equipment with current equipment nearing the end of useful life to be noted. This plan can serve as a template for future equipment acquisitions and placement. Dean and Randy will also advise on replacement of the Stair Climber with a Step Mill.
  - d. Measuring equipment usage

Dean provided information on various devices that can measure use of equipment – the information was provided to Mark who will work with John Sweet on this issue.

## 6. New Business

### a. Captain's Reports

-Aerobic Room: Dean Rosenthal: no issues

-Weight Room: Dean Rosenthal: no issues other than repeated disappearance of “handles” used on various machines. There is an area where these should be stored after use and a sign so directing. Mark will try to ascertain who is not following protocol and address the issues with that member.

-Stretch Area: Barb Sweet: No issues

-Pool: Jeannette Hanson: 2 new videos are in use and the light in the ladies' shower area has been changed and is much better. There was a complaint regarding noise from the hot tub jets when a pool Virtual Water Aerobics participant was exercising – the member asked for a prohibition on hot tub jet use when the pool exercising was in progress. Mark responded that the Club cannot alter normal operations to accommodate one user.

-Locker Room – Ladies: Jeannette Hanson: Jeannette and Kare Sargent will review locker alternatives and relay their recommendation to Mark.

-Locker Room – Men's: Dean Rosenthal: Though we have very few wheelchair users, those who do use the Men's Locker room have difficulty maneuvering. The room is not ADA compliant (as a private club we are not required to be). Short of changing the footprint of the locker room little can be done. Mark indicated Swift Plumbing will be in the building within a day or two to give an estimate to remove one of the sinks in the men's locker room, giving a bit more room to maneuver. Dean will coordinate with Jeannette on the types of replacement lockers

b. Mark is following up on Red Cross first aid training and is working to re-establish regular presentations by Michael Haberpointner or his staff from Active Life Physical Therapy.

## 7. Issues from Other Committees: None

## 8. Comments:

Jeannette remarked that Vi, who had been teaching Yoga classes has left the area. There is a new class that is not yoga, but Pilates called “Pilates for Travel”. The information is on the Club entry monitor and on the calendar: 1<sup>st</sup> and 3<sup>rd</sup> Mondays.

There was a comment from audience member Steve Doob that hip strength and general strength building is important as we age and he thanked the committee for their work.

## 9. Adjourn: the meeting adjourned at 10:51am

Next Health & Fitness Meeting: November 6, 2025, at 9:30am