

**SBCA Health & Fitness Committee**  
**Approved Minutes**  
**November 6, 2025**

1. Call to Order at 9:31am
2. Quorum Determination

A quorum was present: Christine Spagle (Chair), Faye Beuby, Randy Edwards, Jeannette Hanson, Barb Sweet, John Sweet, Dean Rosenthal. Also present: GM Mark Torres. Committee Members absent: Kare Sargent and Adina Rivers.
3. Approve Agenda

Motion by John Sweet to approve, 2<sup>nd</sup> by Randy Edwards, carried unanimously
4. Approve Minutes of October 2, 2025

Motion to approve by Barb Sweet, 2<sup>nd</sup> by Jeannette Hanson, carried unanimously
5. Old Business:
  - a. Floor plan(s)/Equipment Weight and Cardio rooms

After much discussion the floor plan for the weight room using Randy's plan is acceptable to the committee. This includes reconfiguration for new machines (and removal of old machines) that are a better fit for the Association age demographic, and removal of one set of lower cupboards and moving the weight rack from the back wall. Additionally, this would effectively use all Reserve funds for fitness equipment replacement for the next 5-7 years. The floor plan will be updated to reflect these changes and sent to the committee.  
Motion by Randy the Committee recommend upgrading and replacing broken and outdated equipment in the weight room with Versa Matrix equipment at a cost of approximately \$20,000.  
2<sup>nd</sup> by John, carried unanimously  
Chris will take this recommendation to Facilities and Finance.

The stair climber in the weight room is beyond its useful life and needs to be replaced. Rather than replace with another stair climber the committee agrees a Step Mill would be a better piece of equipment. Randy is looking into pricing (anticipated at about \$6,000).

At the time new equipment is acquired regularly scheduled sessions on how to use the equipment can be scheduled, though Randy indicated it's likely there will be QR Codes on the machines that will have some instructions.
  - b. Measuring equipment usage – John has been unable to find a satisfactory device that will meet club needs. Randy will talk to the Matrix rep to see if there is a recommendation for a device that will work with Matrix equipment and perhaps other brands as well as
  - c. First Aid Training – Mark is awaiting a response from EJFR for in-house training and if that's not available ask them for a referral for a low or no cost alternative.

- d. Haberpointner presentations – Mark is awaiting Michael Haberpointner to get back to him. LMC would also like to start a similar program, and it's assumed Michael needs to structure these programs that fit in with his business needs.

Before we moved on to New Business Randy had a couple of suggestions for additional presentations or events: Galleri Multi-cancer testing and performance-based testing from UDS Health. Chris will check them out and pass along findings to the other committee members.

## 6. New Business

### a. Captain's Reports

-Aerobic Room (Dean):

No issues other than it does get warm sometimes when working out.

-Weight Room (Dean):

No issues and no equipment has gone missing or been found hidden in odd spots.

-Stretch Area (Barb):

No issues

-Pool (Jeannette):

Issue regarding conflicting water aerobics/spa use is at the Board level after a complaint was filed.

Pool users have been observed entering the pool/spa prior to showering or spa: new, more prominent signs will be made and placed where easily seen and John will include a mention on pool etiquette in the January Communique.

-Locker Rooms: Jeannette working with Kare Sargent has identified replacement lockers for the women's locker room and Dean is satisfied with the same lockers for the men's locker room. Jeannette will email the information to Mark.

Jeannette also asked about adding a bench to the women's locker room and Mark will look into it.

There is a broken hairdryer in the women's locker room

Occasionally all glass and mirrors fog-up: Mark explained cause (difference in air temperatures) and short of a separate system for the locker room not much can be done to correct the problem.

## 7. Issues from Other Committees: None

## 8. Comments:

Dean made a comment that the Yoga instructor at the Club is a relatively new Associate Member and is very happy with the fitness area and the facility in general.

John suggested calling a meeting of the fitness users to see if they'd be willing to help defray some of the cost of the new equipment

It's been a few years since we had a fitness open house – the suggestion was made to wait until we had acquired any new equipment.

9. Adjourn at 11:30am

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