

SBCA Health and Fitness Committee Meeting Minutes, 02 May 2024

Attendees: Dean Rosenthal, Jeannette Hanson, John Sweet, Barb Sweet, David Reineke, Diane Olson, Randy Edwards, Gil Skinner (Homeowner), Mark Torres (SBCA GM), Christine Spagle (SBCA Board President), Michael Stuber (SBCA Board Member).

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

2. Quorum established.

3. Approval of Agenda – moved/seconded/approved.

4. Approval of Minutes of last meeting – moved/seconded/approved.

5. Captains' Reports:

Aerobics Room: Dave Reineke — Room and equipment are generally in good condition. Room sees good steady use. There is an issue with the recumbent bike. Mark is aware and is working with repair person, but it may take time to repair due to age and unavailability of parts. Randy will check with his sources for used parts. Dean says that maybe it is time for a new machine. Mark says he may recommend to the board and finance committee that a new machine be purchased. Randy will continue looking for available parts to fix it.

Weight Room: Dean Rosenthal – Everything is generally okay. Someone has walked off with one of the hand grip exercisers, but there are two remaining.

Pool: Jeannette Hanson – Overall, things are going well, no issues. Jeannette has noticed some resistance bands have been taken from the hall for other uses. She is looking at updating workout videos for the pool. The water in the pool recently turned cloudy for a few days. The cause is unknown, but the pool was drained and refilled and now appears fine. Mark stated that the cost to refill was minimal. Jeannette asked that virtual classes be allowed in the pool area on Saturdays if staff is available. Mark indicated that users who are technically proficient can check out the remote from the front desk.

Floor Exercise: Barb Sweet—A new balance ball has been obtained.

Fitness Classes: John Sweet—John and Diane indicated that Diane's resistance band classes will be starting Tuesdays in May. Also, it may be possible to find a yoga instructor with emphasis on mindfulness.

Communications/Communiqué: John Sweet—John is looking into definitions of “health and fitness” to guide articles and discussion in the Communiqué.

6. Old Business: Diane is still interested in pursuing classes on resistance bands, chair yoga, and chair stretching programs, and feels these would be beneficial. She is considering YouTube videos for chair yoga and thinking about a paid instructor to provide in-person

classes. There is an instructor currently providing classes at the Beach Club who may be willing to take on students for a fee. Barb Sweet will contact her.

The budget was discussed. Mark indicated that the current policy is to repair or replace machinery as needed, and there is a budget of \$20,000 over several years for equipment replacement. **Dean made a motion that the committee create and annually update a complete list of cardio equipment, including replacement cost and remaining useful life of each piece of equipment. It was discussed that this would help inform budgeting decisions. The motion was seconded and passed unanimously.** Dean and Randy will attempt to complete the list as soon as possible so that it can be considered in the next budget process. Dean wondered if it is possible to streamline the equipment replacement process without needing to seek board approval each time a replacement is needed. Christine indicated that the board will still need to have the final say in approving expenditures.

Randy noted that a club member has offered to teach a self-defense class, but she did not show up for the meeting. He will contact her for follow up and inform her of insurance and other requirements for teaching classes at the club.

Diane offered two observations: The recent Jefferson Health Care program on drug interactions was very good, and the new pickleball courts look great.

Mark suggested that committee members become better familiar with budget processes.

There was a discussion on whether a simple and clear calendar of fitness activities, including a list of equipment, could be added to the club's website. It was felt that the committee could add this information to the website in the form of a link.

10. Meeting adjourned at 10:45 a.m. Next meeting: 06-06-24.