

SBCA Health and Fitness Committee Meeting Minutes

August 1, 2024

Attendees: Randy Edwards, Dean Rosenthal, Barb Sweet, Diane Olson, Carolyn O'Keeffe (new committee member and board member), Bob Gilbert (board president).

Approval of Agenda - moved, seconded, approved.

Approval of last meeting Minutes - unavailable

Reports:

Aerobics Room: Still waiting for new Recumbent bike. Discussion followed on budget allocation, process to streamline replacements, and track committee's recommendations through facilities, finance, and final board approval. Spirit treadmill is thought to be on its last leg. (Pardon the pun.)

Weight Room: new collars ordered for bars.

Pool: Discussion regarding tensions around lap swimming schedule. Bob will follow up on posting large, colored schedule on pool entrance or on television information screen.

Floor Exercise: No concerns.

Fitness Classes: Request by TJ to offer balance, fall prevention class if room is available, possibly a second time during the week. Martial Arts and Tubing class are going well. Jefferson Health Care presentation on Osteoporosis filled the auditorium. Active Life Physical Therapy is giving the next two monthly, Friday morning clinics on Core and suggested Workout Programs.

Locker Rooms: No significant issues.

Communications/Communique: Future topic regarding use of "Roundabout" referred to Activities Committee.

Old Business:

Discussion continued on streamlining requests for broken or failing fitness equipment.

Bob recommended the fitness committee continue to be aware of addressing member's fitness needs but also refraining from turning us into a rehab facility.

New Business:

Committee members thanked Dean Rosenthal several times for his persistence and his vision in making the South Bay fitness area what it is.

Barb moved; Diane seconded in favor of removing the defunct Recumbent bike from the aerobics room. Motion passed.

Consideration was given to future Friday morning clinics featuring each of our fitness class instructors. As a kick-off, the fitness committee could organize booths (with refreshments). Each instructor would have the opportunity to mingle and answer questions. There was also a brief discussion regarding Diane's possible role as "fitness class captain". Without John's approval, she declined.

Manager 's Remarks: None

Meeting adjourned at 11:15. Next meeting: September 5, 2024.

NOTE: Who follows through on removing recumbent bike and referring "Roundabout" to Activities?