

MINUTES OF THE REGULAR MEETING  
OF THE FITNESS ADVISORY COMMITTEE  
OF THE CITY OF SUNSET HILLS, MISSOURI  
HELD ON WEDNESDAY, JANUARY 27, 2016

BE IT REMEMBERED that the Fitness Advisory Committee of the City of Sunset Hills, Missouri met at the Community Center in said City on Wednesday, January 27, 2016. The meeting convened at 6:01 p.m.

**ROLL CALL**

Present:

Rose Garland	-Member
Mary Woods	-Member
Cindy Kostial	-Member
Christy Schafer	-Member
Teresa Johnson	-Recreation Assistant
Ryan Taylor	-Superintendent of Facilities
Gerald Brown	-Director of Parks and Recreation

**APPROVAL OF THE MINUTES**

Copies of the minutes of the November 18, 2015 meeting were distributed to the members for their review. Ms. Woods made a motion to approve the minutes. Ms. Garland seconded the motion, and it was unanimously approved.

**OLD BUSINESS**

**Budget Items**

Mr. Brown gave an update on the following items:

- Front Desk – Mr. Brown reported that staff is currently reviewing bids to have the front desk moved from around the corner to the front entrance.
- Fitness Equipment – Mr. Brown reported that we were currently looking to replace (2) elliptical machines, Chin up machine and squat set.
- Divider for the gym – Mr. Brown reported that the staff is looking at acquiring (3) bids to place a divider between the gym to along for the gym to be dividing for multiple uses.
- Outdoor Gym – Mr. Brown reported that the staff is looking at placing an outdoor gym on the back side of the community center for fitness classes and overall public use.
- New tarp for the floor in the gym
- New tables and chairs (replacements for the meeting rooms)

## **NEW BUSINESS**

### **Discuss thoughts, ideas, suggestion to improve Fitness component.**

Ms. Woods asked if we could look at placing dimmer switches on multi-purpose room. Also mentioned if we could inflate balance balls in rooms. Ms. Woods also requested if there were going to be any deals coming up for group fitness classes, Mr. Brown explained the new Awards card for group fitness holders – buy 5 (20) passes and get the 6<sup>th</sup> for free.

Ms. Schaffer requested that we look at steps and place new bottoms on steps for stability. Also mentioned pads for the weighted bars for the room.

Ms. Kostial requested if we could look at a ballot bar near the mirrors.

## **NON AGENDA ITEMS**

There were none.

## **NEXT MEETING DATE**

The next meeting will be held on February 24th, 2016.

## **ADJOURNMENT**

Ms. Woods made a motion to adjourn the meeting at 6:41 p.m. Ms. Garland seconded the motion, and it was unanimously approved.

MINUTES OF THE REGULAR MEETING  
OF THE FITNESS ADVISORY COMMITTEE  
OF THE CITY OF SUNSET HILLS, MISSOURI  
HELD ON WEDNESDAY, NOVEMBER 18, 2015

BE IT REMEMBERED that the Fitness Advisory Committee of the City of Sunset Hills, Missouri met at the Community Center in said City on Wednesday, November 18, 2015. The meeting convened at 6:01 p.m.

**ROLL CALL**

Present:

Rose Garland	-Member
Mary Woods	-Member
Christy Schafer	-Member
Ryan Taylor	-Superintendent of Facilities
Gerald Brown	-Director of Parks and Recreation

**APPROVAL OF THE MINUTES**

Copies of the minutes of the September 23, 2015 meeting were distributed to the members for their review. Ms. Woods made a motion to approve the minutes. Ms. Schafer seconded the motion, and it was unanimously approved.

**OLD BUSINESS**

**(5) year Celebration wrap up.**

Mr. Brown gave an overall breakdown of the (5) year celebration:

Halloween – numbers were lower in numbers compared to past years – but the weather was a main contributor.

Health Screening – we had 120 people signed up for the event

Membership appreciation days went very well – we brought in \$14,000 in renewals and \$12,000 in new memberships.

Lindbergh Jazz Band – numbers were low but weather was a contributor

St. Louis Sports Hall of Fame – numbers were very low

**NEW BUSINESS**

**Discuss thoughts, ideas, suggestion to improve Fitness component.**

Mr. Brown discussed new activities coming up later in the year:

Holiday specials – we will be pushing our 30 day free membership after January 1<sup>st</sup> as well as reminding everyone about silver sneakers program. We will be sending out eblast and

touching on these in our new brochure coming out. Also spoke about Black Friday workout special – on November 27<sup>th</sup>, all funds collected for group classes will be donated for out Toys for School Kids Foundation.

Ms. Schafer brought up Silver Sneakers Program Group fitness classes – Mr. Brown explained that the classes are for anyone to attend but if they are a silver sneaker member – they must scan their card and if they are a regular member, they must have their punch card utilized.

Ms. Schafer discussed that we may need to look at moving classes from Gym, because of echoing.

**NON AGENDA ITEMS**

There were none.

**NEXT MEETING DATE**

The next meeting will be held on January 27, 2016.

**ADJOURNMENT**

Ms. Garland made a motion to adjourn the meeting at 6:56 p.m. Ms. Woods seconded the motion, and it was unanimously approved.