

MINUTES OF THE REGULAR MEETING
OF THE FITNESS ADVISORY COMMITTEE
OF THE CITY OF SUNSET HILLS, MISSOURI
HELD ON WEDNESDAY, March 23, 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, March 23, 2016. The meeting convened at 6:00 p.m.

ROLL CALL

Rose Garland	-Member
Mary Woods	-Member
Barb Scott	-Member
Erim Ruma	-Fitness Attendant
Teresa Johnson	-Recreation Assistant

APPROVAL OF THE MINUTES

Copies of the minutes of the January 27, 2016 meeting were distributed to the members for their review. Ms. Woods made a motion to approve the minutes. Ms. Scott seconded the motion, and it was unanimously approved.

OLD BUSINESS

Ms. Johnson gave an update on the following items:

- Fitness Equipment – Ms. Johnson reported that a precor elliptical is on order
- Divider for the gym – Ms. Johnson reported that the divider is being installed tomorrow and next week with electric being completed
- Outdoor Gym – Ms. Johnson reported that the vendors have been selected, but waiting on a few drawings due to some bid changes
- Front Desk- Ms. Johnson reported that bids are still being accepted for the front desk move
- Dimmer- Ms. Johnson reported that cost estimates had been received and looking at alternatives due to cost.

Budget Items

Ms. Johnson gave an update on the following items:

-Dimmer- Ms. Johnson reported that cost estimates had been received and looking at alternatives due to cost.

-Stretching Bar- Ms. Johnson reported research on Stretching Bar

-Aerobic Steps- Ms. Johnson reported all steps in the Group Fitness Room have been examined and fixed.

NEW BUSINESS

-New Programs – Ms. Johnson reported the following new programs: Summer Slim down, Youth Strength, Upcoming Speakers, Meet the Manger

-New Trainer- Ms. Johnson reported that Michelle Beauvais is a new trainer for the facility

-New Full Time Staff- Ms. Johnson reported that Nate Watts is now the Full Time Recreation Assistant for Aquatics

-Meeting date change- Ms. Johnson asked the committee to consider moving Fitness Advisory meetings to the 4th Thursday of the month

Discuss thoughts, ideas, suggestion to improve Fitness component.

NON AGENDA ITEMS

There were none.

NEXT MEETING DATE

The next meeting will be held on April 28 at 6pm

ADJOURNMENT

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