

MINUTES OF THE REGULAR MEETING
OF THE FITNESS ADVISORY COMMITTEE
OF THE CITY OF SUNSET HILLS, MISSOURI
HELD ON THURSDAY, APRIL 28, 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 THURSDAY, APRIL 28, 2016. The meeting convened at 6:04 p.m.

ROLL CALL

Rose Garland	-Member
Mary Woods	-Member
Teresa Johnson	-Recreation Assistant

APPROVAL OF THE MINUTES

Copies of the minutes of the March 23 meeting were distributed to the members for their review. After two revisions were added, Rose Garland made a motion to approve the minutes. Mary Woods 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 was delivered last week
- Outdoor Gym – Ms. Johnson reported that the outdoor equipment has been ordered and updated committee on timeline for construction
- Front Desk- Ms. Johnson reported that bids have been received
- Programs – Ms. Johnson reported about Summer Slim Down numbers, Label reading attendance, and the success of the Meet the Manager program

Budget Items

No updates

NEW BUSINESS

-FA Invitations– Ms. Johnson reported that meeting invitations had been created and made them available to current meeting attendees.

-Dr. Longo Presentation- Ms. Johnson reported that Dr. Longo would be doing a diabetes presentation on May 11 at the Chamber Room at City Hall

Discuss thoughts, ideas, suggestion to improve Fitness component.

NON AGENDA ITEMS

-Ms. Woods asked about the painting on the lights for the Group Fitness instructors, Ms. Johnson reported that at this time the lights could not be painted, but she would have conversations with the group fitness instructors.

-Ms. Woods asked about the ballet barre, Ms. Johnson reported she was still trying to find a sturdy, portable bar that would work in the Group Fitness Room

-Ms. Johnson gave an update on attendance on some classes as well as possibly adding back in an 8am class on Thursdays for the Summer sessions

-Ms. Johnson asked the committee for feedback on the free Class Pass drawing

-Ms. Garland suggested the facility look into specialty classes for special populations, Ms. Johnson said she would look at this at a future time.

NEXT MEETING DATE

The next meeting will be held on May 26 at 6pm.

ADJOURNMENT

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