

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

ROLL CALL

Kay Adams	-Member
Barb Scott	-Member
Teresa Johnson	-Recreation Assistant

APPROVAL OF THE MINUTES

Copies of the minutes of the June 23 meeting were distributed to the members for their review. Ms. Adams made a motion to approve the minutes. Ms. Johnson seconded the motion, and it was unanimously approved.

OLD BUSINESS

Ms. Johnson gave an update on the following items:

- Outdoor Gym – Ms. Johnson reported that the Grand Opening was well attended, sidewalk should be poured in August, and usage details.
- Front Desk- Ms. Johnson reported that construction is delayed due to a spacing issue, should be completed in August
- Scales-Ms. Johnson reported that both doctor's scales are in working order and have been placed in locker rooms
- Tai Chi- An instructor has been contacted and looking at room availability for the fall.

Budget Items

No updates

NEW BUSINESS

-Ballet- Ms. Johnson reported that the ballet program has expanded some times and offerings.

-New Session Schedule- Ms. Johnson reported new session schedule is out, it begins Sunday as well as free week. An additional spin class was added to Thursday evenings and a few classes had name changes as well as group fitness staff changes. Free week punch card contest will be held again. Ms. Scott suggested the free week be advertised on the electronic sign

-Nutrition Seminar- Ms. Johnson reported that a meal prep seminar is scheduled for 6pm on Tuesday, September 27.

-Triathlon- Ms. Johnson reported that the Tri is on August 28 and could use early morning volunteers. As early as 545 am for packets and body marking and course marshalls/aid station volunteers from 630 am to the end of the triathlon.

NON AGENDA ITEMS

-Ms. Johnson talked briefly about the upcoming Pokemon Go Party and the Sunday night Serenades.

NEXT MEETING DATE

The next meeting will be held on August 25 at 6pm.

ADJOURNMENT

Ms. Scott made a motion to adjourn the meeting at 6:25pm. Ms. Adams seconded the motion, and it was unanimously approved.