

MINUTES OF THE REGULAR MEETING
OF THE FITNESS ADVISORY COMMITTEE
OF THE CITY OF SUNSET HILLS, MISSOURI
HELD ON THURSDAY, OCTOBER 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 THURSDAY, OCTOBER 27, 2016. The meeting convened at 6:02 p.m.

ROLL CALL

Barb Scott	-Member
Mary Woods	-Member
Teresa Johnson	-Recreation Assistant

APPROVAL OF THE MINUTES

Copies of the minutes of the September 22, 2016 meeting were distributed to the members for their review. Ms. Scott made a motion to approve the minutes as long as Teresa felt they were correct. Ms. Woods seconded the motion, and it was unanimously approved.

OLD BUSINESS

Ms. Johnson gave an update on the following items:

- Recumbent bikes and trade ins- Ms. Johnson reported recumbent bikes were delivered, a couple low use items were exchanged or moved, and the stretching area was now expanding
- Wifi- Routers were adjusted
- Recycle bin- Recycle bin was moved upstairs
- Open Gym Times- Issue communicated to Ryan and Ben, working with front desk to better inform open gym times
- 30 for 20- Ms. Johnson reported this promo runs through Monday and has been well received.

Budget Items

2016- Ms. Johnson reported that the majority of the 2016 budget for large equipment had been spent. POUND sticks were just purchased for January's new program

NEW BUSINESS

-New Programs- Ms. Johnson reported that new programs were going to be offered in Nov/Dec but she is still working to finalize the details. They include a continuation of fall into Fitness, Youth Strength, and a basic strength class for using equipment downstairs, and a small group Fit Mom's program.

-Discuss December Meeting- Ms. Johnson proposed an earlier December meeting to possibly get higher attendance rather than the one that is scheduled over the holidays. The attending members decided December 8th at 6pm would be an appropriate meeting date.

-Light dimmers in Group Ex room. Ms. Woods made the suggestion to still pursue the light dimmers for 2017 in the Group Ex room.

NON AGENDA ITEMS

None

NEXT MEETING DATE

The next meeting will be held on December 8th at 6pm.

ADJOURNMENT

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