

MINUTES OF THE REGULAR MEETING
OF THE FITNESS ADVISORY COMMITTEE
OF THE CITY OF SUNSET HILLS, MISSOURI
HELD ON MONDAY, JANUARY 8TH, 2018

BE IT REMEMBERED that the Fitness Advisory Committee of the City of Sunset Hills, Missouri met at the Community Center in said City on MONDAY, JANUARY 8TH, 2018. The meeting convened at 11:02 AM

ROLL CALL

Barb Scott	-Member
Rose Garland	-Member
Kay Adams	-Member
Gary Dolle	-Member
Mary Woods	-Member
Teresa Johnson	-Recreation Assistant
Gerald Brown	-Parks Director

APPROVAL OF THE MINUTES

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

OLD BUSINESS

Ms. Johnson gave updates on the following items:

New Years Shred has 23 participants.

Budget Items

None

NEW BUSINESS

Mr. Brown gave a brief introduction of why he was attending the meeting and asked the committee how they were feeling the facility had been running. Ms. Scott said she received compliment about facility recently. Ms. Woods stated she felt everything addressed quickly with exception of parking lot, Mr. Brown addressed the progress on that concern with public works.

Mr. Brown stressed for the committee to keep the staff informed of any issues that arise. Ms. Garland complimented how quickly an issue with a toilet was addressed when she brought it to the weight room staff (Juli)

Mr. Brown also explained that the focus of the parks for the next 2 years will be "maintenance" mode. Where the most energy will go into maintaining what we have and not developing new programs and projects.

Mr. Brown also briefly talked about the Nancy Eshbock property that had recently been acquired.

Ms. Scott inquired about the new trail near the athletic fields, Mr. Brown explained the plan for that trail and surround area in the future.

Mr. Brown briefly explained the reason the piano is in the lobby at the moment, but will be moved to outdoor at a park.

Mr. Brown explain some fitness center projects for the year including refinished in gym, a sidewalk improvement, water fountain upstairs, fitness equipment updates, mounted projectors in meeting rooms and new floor in group ex room.

Ms. Johnson gave the following program updates:

A few small pieces of equipment arrived today including small resistance balls for group ex and additional barbell clips for the weight room and a new preacher curl bench is on order.

Equipment maintenance/replacement will be the focus of the budget, bids for new treadmill are currently being taken. Spin bikes are currently undergoing heavy maintenance.

Free week is currently going on, and numbers have been very high.

Traffic is down in fitness center (outside of classes) based on normal January, but other facilities are seeing the same trend

Mr. Dolle asked about Silver Sneakers benefits, Ms. Johnson explained that benefits varied facility to facility due to volume.

Ms. Scott complimented moving the front desk and how the building is much more welcoming.

Mr. Brown informed the committee that some secret shoppers had been visiting the facility and classes to check on numerous feedback.

Ms. Garland brought up some patron concerns about the outdoor gym, how it is not utilized. Ms. Johnson explained when the outdoor gym is utilized. Other committee members commented that they often see families on it during the weekends. Ms. Johnson also said she believed the volume will go up with addition of the shade. Mr. Brown contributed that most equipment in parks takes 2+ years for many to realize it's there and be fully utilized.

Ms. Garland inquired about if Fit Club was getting another plaque for more hours. Ms. Johnson asked committee opinion. Committee members didn't feel the need to add an additional level of plaques. Mr. Brown suggested maybe a drawing for high level fit club people.

NON AGENDA ITEMS

None

NEXT MEETING DATE

February 12th, 11am

ADJOURNMENT

Ms. Scott made a motion to adjourn the meeting at 11:48 am. Ms. Garland seconded the motion, and it was unanimously approved.