

MINUTES OF THE REGULAR MEETING
OF THE FITNESS ADVISORY COMMITTEE
OF THE CITY OF SUNSET HILLS, MISSOURI
HELD ON THURSDAY, JANUARY 12, 2017

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, January 12, 2017 the meeting convened at 11:04 am

ROLL CALL

Rose Garland	-Member
Barb Scott	-Member
Mary Woods	-Member
Kay Adams	-Member
Teresa Johnson	-Recreation Assistant

APPROVAL OF THE MINUTES

Copies of the minutes of the December 8, 2016 meeting were distributed to the members for their review. Ms. Scott made a motion to approve the minutes. Ms. Adams seconded the motion, and it was unanimously approved.

OLD BUSINESS

Ms. Johnson gave updates on the following items:

Unlimited Group fitness classes have been released and purchased.

App still in development working with developers on options

Internet issues are being extensively looked at. Consultant identified some areas and now dedicated Internet for patrons. More boosters and access points added in fitness area. Once issues resolved and a new line is established, 2 new audio programs will be established. Ms. Scott inquired about Wi-Fi at the pool; Ms. Johnson said she would look into the Wi-Fi.

Ms. Johnson gave program reports and attendance for the following programs: New Year's Shred has 30 participants, Members Strength has 2 (still open), Youth Strength has 2 (still open), Pump and Run has 1 (still open), Fit Mom Mondays and Small Group Nutrition coaching were canceled due to low enrollment. The group training special has not been purchased by anyone, but will be running indefinitely.

Ms. Johnson reported adult ballet free trial class went well, and that another class will be next week.

Budget Items

A Star Trac treadmill and bike need to be purchased. Ms. Garland suggested asking some of the regulars from 9am -10am on some suggestions on which bike model to buy. Ms. Johnson agreed.

NEW BUSINESS

Ms. Johnson explained her thoughts for 2017 in regards to fitness, the community center, and staff.

Ms. Johnson explained the new points system and why the old points system is being phased out. The new system will have passes that can be used for a class or pool admission. Quantity ranges from 3 to 7 depending on package. Ms. Garland inquired if promotions including points. Ms. Johnson explained previously, no, but with new system she would request they are still given out with annual memberships no matter a promotion or not.

Ms. Woods expressed new yoga mats were needed in the Group Ex room. Ms. Johnson agreed and made a note to purchase new ones.

Ms. Woods also expressed concern about a college student over Christmas being let in to the facility, Ms. Johnson said she would address this issue with the staff. Ms. Johnson explained the 14 day free trial and daily rates as alternatives as well as using a punch card as for a gym visit is needed.

Ms. Woods expressed concern about members not bringing their cards. Ms. Johnson explained that she understood this, but it is a difficult policy to enforce with some of the members.

Ms. Garland asked if the water pressure at the water fountains could be addressed. The new water bottle filler has been lowering water pressure. Ms. Johnson said she would inquire.

NON AGENDA ITEMS

None

NEXT MEETING DATE

The next meeting is scheduled for February 13, 2017 at 11am.

ADJOURNMENT

Ms. Adams made a motion to adjourn the meeting at 11:51am. Ms. Scott seconded the motion, and it was unanimously approved.