

MINUTES OF THE REGULAR MEETING
OF THE FITNESS ADVISORY COMMITTEE
OF THE CITY OF SUNSET HILLS, MISSOURI
HELD ON MONDAY, FEBRUARY 11, 2019

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, February 11, 2019. The meeting convened at 10:02 AM

ROLL CALL

Mary Woods	-Member
Kay Adams	-Member
Teresa Johnson	-Recreation Coordinator

APPROVAL OF THE MINUTES

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

OLD BUSINESS

Ms. Johnson gave updates on the following items:

The parking lot repairs have been scheduled for August

Wellness week schedule for March 25th to 31st is online.

Budget Items

Bids are currently being accepted for a replacement treadmill.

NEW BUSINESS

Ms. Johnson gave updates on the following items:

Fitness programs in March include a Yoga and Wine, Beginners Yoga, Meditation and Foam rolling class (all lead by Artie), and a new Mastering Strength class and Lunch IT (lead by Michelle).

Ms. Adams inquired about attendance since it was reported down towards the beginning of the year, Ms. Johnson reported attendance is up, in part to the new Renew Active Program, a free membership program similar to Silver Sneakers.

NON AGENDA ITEMS

None

NEXT MEETING DATE

March 18th 11am

ADJOURNMENT

Ms. Adams made a motion to adjourn the meeting at 10:16 am. Ms. Woods seconded the motion, and it was unanimously approved.