

MINUTES OF THE REGULAR MEETING  
OF THE FITNESS ADVISORY COMMITTEE  
OF THE CITY OF SUNSET HILLS, MISSOURI  
HELD ON MONDAY, FEBRUARY 12<sup>TH</sup>, 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, FEBRUARY 12, 2018. The meeting convened at 11:03 AM

**ROLL CALL**

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

**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. Woods seconded the motion, and it was unanimously approved.

**OLD BUSINESS**

Ms. Johnson gave updates on the following items:

All spin bikes have been worked on. Ms. Woods reported that the bike she had been on was a bit wobbly. Ms. Johnson said she would address.

The new preacher curl bench should be arriving in the next two weeks

**Budget Items**

None

**NEW BUSINESS**

Ms. Johnson gave updates on the following items:

A cardio barbell set was purchased for the group fitness room. It has been receiving really good feedback. Other major items that are planned for this year are a new treadmill around April and a new elliptical this summer.

Lots of upcoming programs: Group Strength class starts in March as a continuation of Shred, Health Fair May 12, 5k run at Minnie Ha Ha on June 23, Triathlon on August 26.

Ms. Woods complimented the new barbell set and said she had been hearing good feedback about Michelle's Saturday class.

**NON AGENDA ITEMS**

None

**NEXT MEETING DATE**

March 12<sup>th</sup> 11am

**ADJOURNMENT**

Ms. Woods made a motion to adjourn the meeting at 11:14am. Ms. Adams seconded the motion, and it was unanimously approved.