

MINUTES OF THE REGULAR MEETING  
OF THE FITNESS ADVISORY COMMITTEE  
OF THE CITY OF SUNSET HILLS, MISSOURI  
HELD ON MONDAY, MARCH 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, MARCH 12, 2018. The meeting convened at 11:03 AM

**ROLL CALL**

Kay Adams	-Member
Mary Woods	-Member
Rose Garland	-Member
Gary Dolle	-Member
Teresa Johnson	-Recreation Assistant

**APPROVAL OF THE MINUTES**

Copies of the minutes of the February 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:

The Group Strength class on Saturdays reached its max of 12 participants.

New preacher curl bench was delivered on Friday.

Shred Challenge wrapped up with roughly 70% completing final weigh in.

**Budget Items**

None

**NEW BUSINESS**

Ms. Johnson gave updates on the following items:

New Session started, some classes were delayed past free week from starting but those late start classes were free. Typical free week numbers

Bids for a Treadmill are currently being accepted. The goal is to have a good quality, but lower technology Treadmill.

Artie has been holding meditation classes once a month and is also conducting a Yoga and Wine event April 20<sup>th</sup>.

A new program, similar to Silver Sneakers called Optium Medicare Advantage will likely be starting January 1, 2019. This information has not be released or promoted to the general population as contracts have not been signed.

Ms. Woods commented on new barbell set and glad Michelle's class is going well.

### **NON AGENDA ITEMS**

None

### **NEXT MEETING DATE**

May 14, 2018 at 11:00 am

### **ADJOURNMENT**

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