

MINUTES OF THE REGULAR MEETING
OF THE FITNESS ADVISORY COMMITTEE
OF THE CITY OF SUNSET HILLS, MISSOURI

HELD ON MONDAY, MAY 13, 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, May 13, 2019. The meeting convened at 10:07am am.

ROLL CALL

Rose Garland	-Member
Mary Woods	-Member
Teresa Johnson	-Recreation Coordinator

APPROVAL OF THE MINUTES

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

OLD BUSINESS

Wellness Week programs had good attendance ranging from 4 people to 30 people depending on the session. 5k was canceled due to flooding.

Saturday building hours changed to 6am to 6pm on May 4th.

Budget Items

A new treadmill is on order, bids being gathered for an additional squat rack.

NEW BUSINESS

Ms. Johnson gave updates on the following items:

Lots of new programs beginning in May and June:

Artie is holding an Outdoor Yoga May 17th, both day and evening Beginner Yoga sessions starting again in June.

Michelle is doing another session of Core Strength for seniors and LunchHit, and continuing her Saturday Strength class.

Christy is starting a running and stretching class Tuesdays at 7:30am late June.

Have you Heard of Minnie Ha Ha 5k will return June 29th.

Ms. Garland inquired about the Bike Cruise. Ms. Johnson stated it was September 13th at 10pm and explained a bit more about the new turnaround.

Ms. Garland inquired about the Golf Course, Ms. Johnson said that surveys have been sent out in regards to the future of the area.

Ms. Woods mentioned the temperature in the fitness room has improved.

Ms. Woods mentioned some instructors will still having issues completing classes on time, Ms. Johnson said she would address.

NON AGENDA ITEMS

None

NEXT MEETING DATE

July 8th 11am

ADJOURNMENT

Ms. Woods made a motion to adjourn the meeting at 10:24 am. Ms. Garland seconded the motion, and it was unanimously approved.