

MINUTES OF THE REGULAR MEETING  
OF THE FITNESS ADVISORY COMMITTEE  
OF THE CITY OF SUNSET HILLS, MISSOURI  
HELD ON MONDAY, OCTOBER 8, 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, OCTOBER 8, 2018. The meeting convened at 11:08 AM

**ROLL CALL**

Barbara Scott	-Member
Gary Dolle	-Member
Mary Woods	-Member
Teresa Johnson	-Recreation Coordinator

**APPROVAL OF THE MINUTES**

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

**OLD BUSINESS**

Ms. Johnson gave updates on the following items:

Rest of budget will be utilized for replacement equipment as needed.

New Years challenge will be based on accountability and a point system. The committee was complimentary of this approach. Ms. Scott talked about a similar program that she was aware of and she enjoyed.

**Budget Items**

None

**NEW BUSINESS**

Ms. Johnson gave updates on the following items:

Group Fitness schedule will be out for next session on Wednesday. It will run until the end of the year, with a reduced schedule for the holidays.

March will feature a Wellness Week in lieu of having a Health Fair combined with the session group fitness free classes.

A member brought forward a suggestion of changing up the free member classes. Ms. Johnson discussed the pros and cons and asked the committee for opinions on the

matter as well as the history of the free classes. The committee gave some feedback as well as suggesting speaking to other members.

**NON AGENDA ITEMS**

None

**NEXT MEETING DATE**

November 12 11am

**ADJOURNMENT**

Ms. Scott made a motion to adjourn the meeting at 11:52 am. Ms. Woods seconded the motion, and it was unanimously approved.