

PGA NATIONAL FITNESS ADVISORY COMMITTEE

May 24th, 2010

The PGA National Fitness Advisory committee met on May 24th, 2010 at 12:00 p.m. at the Health and Racquet Club. Present at the meeting were Abby Baker, Lois Gaillard, Kate Gildan, Joy Kiah, Stanley Lipetz, Mary Meloy, and Elaine Solomon. Not present: Paul Ambrose, Francis Cain, Karen Martini, Ken Macdonald, and Ann Puckett (all members had excused absences).

The minutes from the last meeting were approved with one typographical correction.

Abby reported that the new Aerobic schedule is in effect. She received about 100 responses to her survey last month. She and Ken are very busy programming for the rest of the year. They are also working on a golf targeted program based on Stan's idea last month. Pilates, assessments, and DVDs are involved in the program marketed toward golfers who aren't normally utilizing the fitness center. Then in season they would like to do a health fair that would include blood pressure analysis, assessments, and screenings, all at no cost to members. Kate suggested really marketing this aspect. Abby has ordered new yoga mats. Towels are still disappearing from the fitness center.

Follow-up to last month's suggestions...

- The summer schedule is on one page, very easy to read, all instructor info is included. Looks great!
- Spray bottles with towels on each cardio machine to encourage members to wipe down machines. Abby is working on this.
- A procedure for responding to member suggestions/complaints in the BOG box. The sign is up on the suggestion box. A letter has been drafted to send to those members who make suggestions/comments. No new suggestions were in the box this month.
- The awning on the front of the building needs to have "Health and Racquet Club" on it. This is in process. Elaine will follow up with Kathy about timing.

Mary brought up a new concern dealing with babysitting. The child care room will be closed on Mondays throughout the summer. This is a problem for those members attending Monday's Boot Camp class. Members are to write letters to Kathy Blazer to try of affect some change to the policy, but Abby can't change the new policy as it comes from management.

Lois said that there has been some confusion in Zumba class about "cueing" of moves. Abby said that Zumba is a class that is supposed to be taught without talking and that cues are supposed to be signaled. She will ask the instructors to explain that she will not be giving verbal cues at the beginning of class.

Joy asked that the carpets in the upstairs hallway be cleaned, that the garbage cans upstairs be cleaned and that the mirrors in the studios need to be cleaned more often.

The next meeting of this committee is scheduled for June 21st, 2010 at 12:00 p.m. in Studio B (upstairs aerobics rooms). The meeting was adjourned at 12:20 p.m.