

Fitness Centre Committee
MINUTES
Monday, March 9, 2020 at 6:00 PM

Attending: Mike Bradley, Patrick Fong, Andrew Guolo, Brad Kuong, Benny Mah, Stephen Mim, Tony Sak, Vanessa Tan.

Staff: Maron Flores, Under-fill Programmer;

Regrets: Iliaz Ali, Andy Chan.

Chair: Mike **Recorder:** Mike

Call to Order at 6:00 PM

1a. Approval of the Minutes of the, February 10, 2020 Meeting: Moved: Andrew Second: Benny

1b. Approval of the Agenda for the March 9, 2020 Meeting: Moved: Benny Second: Andrew

2. Programmer's Update: Marlon tabled a copy of the Spring Brochure for information. The promotion page for the FC received favorable comment.

Staff have suggested increasing the summer Centre closure hour to 8:00 PM from the current 7:00 PM as this would capture most of our prime-time patrons in the FC and might prevent them from going to other venues and not returning in the Fall. Mike will look at the proposal with Jennifer Trach along with the cost of an earlier opening in the morning, during the rest of the year.

3. Discussion on FC Equipment:

i). Equipment for Removal: The Ab Machine has not yet found a buyer and remains in the FC. Tony said that he would now offer it for free on various social media sites and Craig's list.

ii) Exercise Mats: A stretching area has been created in the southwest corner of the FC. Jake purchased 4 - 2X4 ft. mats of which 2 have been put in the FC. The new mats seem to be popular and the members suggested placing the remaining 2 in the FC. We still need a volunteer to locate the hangers in the storage room and affix them to the cubby and perhaps to the back of the main door to hold the mats when not in use.

iii) Storage location for Bosu Ball, Step, Mat Hangers, etc.: When we are able to move out the Ab Machine, some of these items can be stored in the space.

iv) Suggested Equipment to Purchase: We need to purchase a small rack for the orphan, light, free weights currently located adjacent to the main racks. Andrew noted that the Hexagonal free weights do not quite fit on one of the racks but do fit on the other. He volunteered to put the steel and hex weights on the appropriate racks to avoid damage and for safety concerns. We will have to post a sign saying to put all Hex weights on the designated rack.

v) Other Issues:

- We need to source a hex key and some lock-tite to tighten a few of the steel free weights. Andrew will look after this issue.
- The leg extension machine has an upholstery issue. Mike to look at this for attention by Exer-Tech
- Stephen asked that we bring back 1 weight bar from storage.

4. Finances:

Jennifer Trach produced the January-February, 2020 Financials (appended).

A Bill Back Credit of \$1,956 for the period October 1-December 31, 2019 was received in late January 2020. February 2020 gross revenue was **up \$1,073.75** from February 2019 and **up \$138.70** from January 2020 (which was **up \$1,334.80** from January 2019). The FC recorded \$66.50 in LAP discounts during February 2020 and \$196.50 in January 2020.

5. Business Arising:

i). Wrist Band Issue: After discussion, the Committee approved a resolution to discontinue use of the wrist bands for a period of 2 months and monitor participation and revenue in the FC.

ii) New FC Layout: The Committee has heard very positive comments from patrons.

iii) Under 15 Youth & Orientations: Marlon said that orientations are just starting to pick up now. Some youth are coming from Van-Tech due to new initiatives.

iv) Next Survey: Members agreed to run the survey again in April using an updated and complete equipment list for the FC. We want to find out what patrons like and how to improve the FC. Brad volunteered to prepare the survey.

v) Cleaning In the FC: Tony noted that the FC was not as clean as in the previous month and there was some chalk dust on the floor and overall too dusty. Marlon said that staff had difficulty locating the cleaning

equipment, through all the Chill program equipment in storage. This issue has since been solved. Marlon will also have Clinton paint some of the chipped equipment on Sundays during Spring Break. One of the A/C units has red light showing which indicates that the filter needs cleaning. Clinton will vacuum the unit's filter.

6. New Business:

- i) Fitness Related Programming/Information: In addition to the suggestion to increase the FC hours during summer, it was suggested that one way to increase participation of women in the FC would be to offer a plyometric training program, perhaps 1-2 classes per week. The program would be scheduled outside the FC, perhaps in the downstairs small meeting room.
- ii) Other: Get Jake to post visuals for proper use of free weights and other equipment on the notice board.
- Push out information regarding the FC on Instagram
 - Post the FC Rules and Etiquette on the main door and at the office shelf.

7. Adjournment:

Motion to Adjourn at 7:00 PM

Moved by: Stephen

Seconded by: Brad

Next meeting: Monday, April 6, 2020 at 6:00 PM.

All FC patrons welcome.