

Health Club Meeting Notes 07.16.24

Below are notes from our meeting on Tuesday July 16, 2024. Also, I have talked to several members of the Health Club who use the Xult barbells and like using them. I do not think we should get rid of the barbells now. Could we switch the rack with dumb bells to the left side and put the barbell rack in front of the mirror? It may free up more of the mirror. Just a thought.

1. Our original proposal had the Nautilus Adjustable decline bench with wheels. Since it was on backorder, The Fitness Connection suggested the present decline bench (but we did not notice it had no wheels). TFC is willing to swap out the decline benches except the model is still on backorder for another month. They will not be able to swap it out until late August. We are willing to wait for the decline bench with wheels.
2. We discussed getting a second TRX to hang from the same spot. We discussed trying to clear space around the TRX area. Should we move the kettlebells to the opposite wall to clear space around the TRX?
3. From what I have searched and learned; you do not need a mirror to do a kettlebell workout. Mirrors help with form when you do any weight training.
4. Emergency exit bar for the door near the weight room and in the cardio room have been discussed by management staff and engineering and will be part of next year's budget after approval by the board.
5. A Health Club member asked us to remind HC members to shower before they enter the pool. She asked for a short paragraph to explain the reasons for showering. I will work on something to send out to members and perhaps place in PT Newsletter. She also asked that we remind members to clean the cardio equipment after use. It is always best to let Scott know when members are not cleaning equipment so he can send a gentle reminder to the member. And please do not wear your bathing suit and bathrobe in the passenger elevator.
6. We had a short discussion on getting rid of the racquetball court, taking down the wall and expanding the weight room area. Also, three Health Club members asked if we could paint the weight room a lighter color. Does anyone remember why we painted it black? Was it to keep the walls clean from scuff marks?
7. We decided not to extend the Health Club hours.
8. Scott found a company that can do braille overlays for the Matrix ellipticals. The order has been placed.