

SBCA Health & Fitness Committee Meeting
April 2, 2026
DRAFT Minutes

1. Call to Order at 9:30am

2. Quorum Determination

A quorum was present: Donna Colosky, Jeannette Hanson, Dean Rosenthal, Kare Sargent, and Chair Christine Spagle. Also in attendance was GM Mark Torres. Committee members absent were Adina Rivers, Randy Edwards, Barb Sweet and John Sweet.

3. Approve Agenda

There were no members at the meeting other than committee members. Dean Rosenthal had items to add to the agenda, and the amended agenda was approved 5/0.

4. Approve Minutes of March 5, 2026

There were no additional edits to the minutes and they were approved 5/0.

5. Old Business:

a. Debrief Fitness Open House March 25

Issues raised by attendees: fan noise in the weight room, members using the area while the orientations were going on, too many people in the space.

The committee members present want to have another open house, limiting the number of participants to 10 per area and to ensure that the advertising emphasizes that it's an orientation to the fitness area, not a session to develop a specific work-out routine for individual members. A "script" will be developed for the orientation instructors. It was suggested that in the weight room e.g. Randy can provide the narrative and another person can demonstrate on the equipment so participants can see the "how" along with the verbal instruction.

b. Orientation dates/times for new equipment

Weekly, Wednesdays from 11:00am to 12:00pm. Limit of 5 per session, must sign up in advance. Randy and Dean will serve as the instructors.

c. Lockers-status

Mark has ordered the lockers with an arrival date TBD by the vendor.

d. Policy for equipment usage by classes

Melinie is reminding the instructors, of the Club policy and if there are continued infractions Mark should be informed. Signage will be placed reminding members they cannot remove equipment from its designated area.

Mats under some of the equipment in the cardio room need to be replaced – Mark will address the issue.

It appears members may not understand how to get to detailed information on the website calendar – Melinie is working on a document that will be posted to the website and it was suggested the next Communicate include a link to the instructions.

6. New Business

a. Captain's Reports

-Aerobic Room

No real issues other than the need for a fan by the rowing machine. Mark is working the issue.

-Weight Room

*A window blind is broken – Mark will work the issue.

*Larger coat rack in weight room – Mark will consider an alternative location

*Additional disinfectant spray bottles in the weight room – Mark will address

*Ongoing issue with some equipment disappearing

*New mat in weight room – it will stay as is (the additional bevel piece will not be added as the mat is only 3/8 thick, and the mat is about 3” short of the hallway door casing though it does accommodate the entire piece of equipment).

-Stretch Area

*Two 50 pound stretching bands were replaced

-Pool

*Add pool rules to “Etiquette” – Mark will send Chris an update to incorporate

-Locker Rooms

*Plumber is reviewing hot water issue in women’s locker room, report out at May meeting with results and best “fix” if any.

-Ideas for PT demos

*Mark is working with Active Life to determine when their sessions might begin again.

It appears Active Life may now have sufficient staff to accommodate us. Mark will have a better sense of when this might happen at the next meeting.

b. Status Fitness Area Etiquette and Rules

*The document will be updated with Pool rules as noted above, and will be an item at the April 9 Board meeting.

7. Issues from Other Committees: none

8. Comments: none

9. Adjourn: Motion to adjourn passed 5/0 at 10:45am

Next Health & Fitness Meeting: May 7, 2026 at 9:30am