Health and Fitness Committee Meeting
February 5, 2026
Draft Minutes

1. Call to Order at 9:30am

2. Quorum Determination
   There was a quorum for the meeting (5 of 9 committee members in attendance). Attendees were Christine Spagle, Kare Sargent, Randy Edwards, Dean Rosenthal and John Sweet attended via phone. Committee members absent were Donna Coloslky, Jeannette Hanson, Adina Rivers and Barb Sweet. Also in attendance was GM Mark Torres.There were no non-committee members present at the meeting.

3. Approve Agenda – there were no additions to the agenda, motion to approve by Randy Edwards, 2nd by Dean Rosenthal, carried unanimously.

4. Approve Minutes of December 4, 2025 – the minutes were edited and approved prior to the meeting on-line.

   Prior to commencing regular business Chair Spagle thanked all those participating in the Weight Room project with special thanks to Randy Edwards and Dean Rosenthal for all their work on the project.

5. Old Business:
   a. The new equipment is installed, though still waiting for a new weight tree which should be arriving soon. The location of some of the smaller items is being adjusted as needed. During the meeting it was determined the best location for the TRX is the edge of the hallway (stretching area). The new dumbbell rack provided by Dean Rosenthal is in place – all dumbbells are now off the floor.
      Randy and Dean will coordinate information/how to use the new equipment sessions.
      The old bench that was removed when the new one arrived and any other of the outdated equipment needs to be disposed of and Randy will provide a list of those items for Mark.
      The response from users to the new equipment is very positive.
      Again, thank you to Randy and Dean for their efforts in making this happen.

   b. The step mill in the cardio room is up and running and getting good reviews
      A suggestion was made to install surge suppressor for each treadmill machine in the cardio so in the event of a power outage there will not be damage to the machines as has happened previously. That damaged treadmill will be repaired, not replaced.

   c. EJFR will be at the Club February 25 with a presentation on what to do in an emergency and what information is needed when calling 911.

   d. GM Torres has been in contact with Michael Haberpointner to determine if he and his staff are available to restart their informational sessions at the Club. Right now, Michael is short staffed and this will have to be delayed until he is better able to work these sessions into his schedule.

e. Lockers: GM Torres has requested a cost proposal from the company.

6. New Business
   a. Captain's Reports
   -Stretching Room: one or more instructors who charges for classes is using Club equipment. Mark will speak with them to ensure they are providing their own equipment for their classes.

   -Weight Room: see above 5.a.

   -Cardio Area: No issues

   -Pool: No issues

   -Locker Rooms: see above 5.e.

   b. Other questions/issues – these issues will be address by the Board at a later time, likely as part of the work the Long Range Planning Committee will be doing.
   -Associate memberships-to be addressed by the Board
   -Definition of role of Committee Chairs and requirements for chairmanship
   -Not covered at this meeting.
   -Donation protocol-the Board will address a more comprehensive poilcy

7. Issues from Other Committees: Activities is sponsoring session from Jefferson Health Care. The next one is February 17: Eating a Heart Healthy Diet

8. Comments:
   Dean inquired about the Board approving the "Fitness Room Etiquette and Rules" . He has received no feedback from committee members. He will resend to the members and await feedback before Chris presents to the Board.

9. Adjourn at 10:50am

Next Health & Fitness Meeting: March 5, 2026