



Meeting of the Fitness and Gym Committee held in the Clubhouse on Tuesday 4th November 2014

Present: Rab Cross (Chair), Anna Cawrse (AC) Janet Draper (JD), K. Dunn (KD), Gillian Whitehead (GW), Lee Cooke (LC Gym Manager), Chris Jones (CJ General Manager) Nick Rose (NR Fitness team)

1. Apologies: H. Weatherley(Club President) Scott Collins (SC)

2. The minutes of the September meeting were agreed.

3. Matters arising:

An Olympic bench with spotting platform is unlikely to be possible; apparently for Health & Safety the platform is not essential.

Two weight belts and five pairs of barbell clips have been ordered. *In use*

The weights area floor is due to be checked for moisture content on 17 November (*subsequently replaced in early December*).

Persimmon housing & course boundary – no news

Fund raising: Christmas themed spinning event planned (for 23 December).

Classes

BodyAttack: had stopped for a while, but has now restarted with Laura Whiteoak.

BodyPump: Thursday morning. Laura has taken over from Nina from 6th November.

4. Health and Safety matters

Weights have been moved to the Studio but despite the use of mats the floor is subject to damage through the mats.

Krys Dunn has requested that members be reminded to clean machines after use, especially during winter when there are coughs & colds about – requested notice on the Fitlinxx screen. *Notice placed on Fitlinxx screen.*

CJ suggested providing hand cleaner gel at the gym entrance.

5. Data/Gym performance

Gym membership for October 2014 is 558 (was 608 in October 2013)

Club membership at October 2014 was 4816 (was 4800 in October 2013).

Discussed purchase of Spin bikes to help meet demand of classes - *3 more bikes purchased & one repaired.*

The main studio floor will be sanded and resealed during the week starting 15 December, so studio classes will be on hold, but spin sessions will be available in the small studio. Email to be sent to advise gym members.

Some classes are fully booked, but people have not shown up, without ringing to cancel their place. Request to gym members and posters on inside of gym doors. The club will ring people who book and do not turn up.

Request for extra Reebok step risers – Nick Rose to look into this.

6. Club Committee matters

The Club committee met on 3rd November.

The new chef & team have been well received.

An announcement about the golf course boundary is still awaited, pending finalising of contracts.

The outdoor pool will be closed from 1st December for up to three months to allow for maintenance to pool & pipework, and repairs to the former kitchen garden wall.

7. Fund raising activities

Remaining fund raising event planned for 2014:

Children in Need 14 Nov – invite gym users to wear fancy dress.

Spin – this will be Christmas themed and held on an evening in December (23rd). Nick Rose is coordinating this.

8. Gym member of the year 2014

Committee members were invited to consider who could be proposed for 2014.

Suggestions included: Gary Wakely, David Pethick, Matt Plowman & Declan Dunlop

Discussion led to Jemma Marsh being selected, for having raised £ 30,000 sponsorship for charity with Dawlish triathlon, marathon events – she will be invited to accept this.

Suggested award of: T shirt, water bottle & bottle of wine.

Presentation provisionally planned for 4 December. *Deferred to New Year as low take-up.*

9. Any Other Business

Curry night in hand (see above)

Work experience: Hugo, a sports science student from Spain attending Totnes English School, will be helping at the gym until January.

There is still a problem with people leaving weights out in the evenings. Staff have asked a group of young men to put away weights after use. Others need to do likewise.

Request for the beam scale weighing machine to be made accessible; it is currently in the gym office.

The water dispenser in the gym has been very well received.

Date of next Committee meeting: Tuesday 6th January at 6.30pm

Rab Cross

19 December 2014