

Meeting of the Fitness and Gym Committee held in the Clubhouse on Tuesday 6th January 2015

Present: Rab Cross (Chair), Anna Cawrse (AC) Krys Dunn (KD), Gillian Whitehead (GW), Lee Cooke (LC Gym Manager), Chris Jones (CJ General Manager) Helen Kukor (HK Fitness team)

1. Apologies: Janet Draper (JD)

2. The minutes of the November meeting were agreed.

3. Matters arising:

Health & Safety

The weights area floor has been refitted in December and is now much stronger.

The main studio floor has been resealed, with some initial slippery spots when wet.

4. Health and Safety matters

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 at start January 2015 is 631 (was 598 in November 2014)

Club membership at start January 2015 was 4886 (was 4784 in November 2014).

33 new gym members since last month. Exercise classes becoming full since the autumn. This fits in with the seasonal peak, numbers may drop later in the Spring. Lee & gym staff will encourage people to keep coming.

Three more spin bikes have been purchased & used for classes and Spin challenge.

The main studio floor has been sanded and resealed in December
Request for extra Reebok step risers – Nick Rose to look into this.

Lee Cooke thanked Helen Kukor for her support following his return from duty in Afghanistan

6. Club Committee matters

The Club committee met on 5th January

Club AGM is on Friday 9th January 6:30 p.m.

The new chef & team and Spa opening have been well received, with considerable uptake.

An announcement about plans for the golf course boundary is still awaited, pending receipt of money from Persimmon.

The outdoor pool is closed from 1st December for up to three months to repair to pool (cracked shell) & pipework (camera survey due for pipework), and repairs to the former kitchen garden wall.

7. Fund raising activities

Fund raising events planned for 2015. Details to be confirmed later but will include:

Easter Row

Larger event in June: triathlon using bikes, pool & treadmills

This will be for combat stress & the president's nominated charity.

Possible event open to teams from different sections of the club.

Planned event to tie in with Rugby World Cup

8. Gym member of the year 2014

We plan to present this to Jemma on 29th January at the Curry Night.

9. Any Other Business

Helen Kukor will be leaving the Gym team at the end of January to travel for four months.

The issue of limiting attendance by people under 18 between 6 & 8 p.m. has been deferred till April after feedback from parents who want to exercise with their children.

Behaviour in Gym: a recent episode of behaviour in November/December was discussed. Nick Rose was complimented for his handling of the situation. If there is misbehaviour in future, this should be reported direct to Chris Jones.

Curry night is planned for Thursday 29 January.

Date of next meeting: Fitness AGM Tuesday 6th March at 6.30pm
Fitness Committee Tuesday 6th May at 6.30pm

Rab Cross
9 January 2015