MEETING MINUTES
VENETIAN COMMUNITY DEVELOPMENT DISTRICT
Pool and Fitness Advisory Committee Meeting
February 19, 2018
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Members:
Joy Wolf, Chair
Peggy Palmer, Co-chair
Dick Foster, Secretary
Gwen Mengel, Member
Tisha Washington, Member/absent
Mary Ann (Max) McGee, Member
Gus Mantia, Member/absent
Boris Yoffe, Member

Management:
Scott Kissell, River Club Manager
Charlie Sandomenico, Director of Tennis and Fitness
Harry Orenstein, VCDD Board

1. Call to Order/ Roll Call/Establish Quorum
   a. Meeting was called to order February 19, 2018 at 2:02pm.
   b. Quorum was established.
   c. Committee welcomed new member Boris Yoffe

2. Additions and Adjustments to Agenda
   a. No changes to the meeting agenda.

3. Resident Input
   No residents were present.

4. VCDD Board Update / Harry Orenstein
   a. Community members have requested that the VCDD Board consider building a pickleball court at the
   VGRC due to the popularity of the sport. Initial proposal is to place the courts on the golf course
   property at the corner of Veneto Dr. and Pesaro Dr. Some residents express concern about the noise
   level if built at this location. Mgr. Kissell presented an alternative location for two pickleball courts near
   the tennis courts at the River Club. VCDD Board directed Mgr. Kissell to review options for locations near
   the River Club. Pickleball can not be played on the existing clay tennis courts. Existing budget does not
   include funds for this project.
   b. Implementation of the new gate entry system is moving forward. Next major step is to place stickers
      (tags) on bottom edge of passenger side mirror. Residents will be asked to park their vehicle(s) in their
      driveway at a designated date and time, and VCDD representatives will place he stickers (tags) at that
      time.
   c. There are two proposed plans for renovation of the River Club. Meetings on February 22 will discuss the
      two proposals and residents will be able to ask questions. Also, the concept drawings will be displayed
      at the Community Association Annual Meeting on February 26.
   d. As follow-up to committee’s request, Harry reported that the only way to terminate the Fitness on
      Demand (FOD) contract is to pay all the remaining monthly fees. The FOD system was originally
      purchased to provide free fitness class when the $4 fee for instructor-led fitness classes was
      implemented in 2016. Some residents are using fitness DVD’s in the system. However, this does not take
      full advantage of the FOD subscription-based classes. Currently, staff members must initiate the FOD
      classes at the kiosk. Committee would like to have a “self-service” process for residents to select a FOD
      class from a list of available classes. Mgr. Kissell and Mgr. Sandomenico agreed to arrange a conference
      call with the FOD customer experience manager, Beth Kahny, at the March 19 committee meeting to
      discuss options to simplify use of the system and for selection of classes appropriate for our residents.
5. Management Update / Scott Kissell and Charlie Sandomenico
   a. Water fountain vs water cooler in Fitness Center
      - Mgr. Kissell reported that one of the water fountains in the hallway outside the exercise room
        will be moved to inside the exercise room later this week. The bottled water system will be
        removed once the current supply is depleted.
   b. Solar lights by hot tub
      - Solar lights have been installed in the hot tube area.
      - Gwen reported that the hot tub has been running early in the morning with no one using it. Mgr.
        Sandomenico will check the timer.
   c. A new sign-up board will be installed at the lap pool this week.
   d. Fitness for golfers
      - Mgr. Sandomenico with continue discussion with instructors and plans to add this new fitness
        class in March.
   e. Video on Demand; feasibility of early cancelation
      - See discussion in item 4a.
   f. Update on Fit February promotion
      - There are daily drawings (Monday through Friday) for a $5 River Club gift certificate. The goal is
        to encourage fitness activity. Residents simply show up for any fitness activity and register for the
        drawings in the Tennis Shop.
      - New Fitness Café has been well received by residents.
      - Over 50 residents participated in the Bocce event in February. More Bocce events will be
        scheduled.
      - Meditation Demo Day is scheduled for March 4 at 1:00pm.
   g. Introduction to Yoga Class
      - Joy reported concern from a resident about the new “Introduction to Yoga” class. The first class
        was full; some people could not fully participate because it was too crowded.
      - Mgr. Sandomenico said the first class was full at 16 participants. However, there were several
        “walk-ins” and the instructor allowed them to observe the class, which is why everyone could not
        fully participate.
      - Due to interest in the class, committee recommended that classes be scheduled more than just
        once a month. Mgr. Sandomenico will look into scheduling the class once a week.
      - The goal of the class is to introduce residents to the basics of yoga to prepare them for the other
        yoga classes currently on the schedule. Residents should not expect to continue participating in
        the Introduction to Yoga class on an ongoing basis.
      - Committee recommended that Mgr. Sandomenico explain the goal of this class in emails and in
        the fitness calendar. Also, instructors should explain the goal at the beginning of each class.
      - Mgr. Sandomenico will talk with instructors about the maximum number of “Intro” yoga classes
        before residents move to the “regular” yoga classes.
   h. Comments dropped in “comment box”
      - “Bottle water jug is empty.” Response: Water fountain will be moved into the exercise room.
      - “Provide a sports class (golf, tennis, etc.)” Response: This is under consideration; see 5d above.
      - “Music is too loud at the hula class.” Response: Mgr. Sandomenico will investigate.
“New equipment requested: barbells, weighted plates, and squat rack.” Response: These are not in the master plan for the exercise room and not appropriate for most residents.

“Not enough room for two people to use new functional trainer at the same time.” Response: Equipment layout is best for space available. No further action.

“New benches are too hard and too narrow.” Response: These are standard size benches currently available. No further action.

“Add ceiling fans in the exercise room.” Response: Mgr. Kissell will get a cost estimate.

i. New bands and weights now available in the Aerobic studio. More weights will be purchased later.

j. Free weights and scales in the exercise room have been moved for improved usage.

k. New rower machine: Mgr. Kissell plans to submit request to VCDD Board for approval in March.

l. At committee next meeting we will review the exercise room master plan and review the River Club reserve fund to determine if any equipment needs to be replaced or upgraded.

m. Monthly Kayaking outings are available to VGRC residents and neighboring communities. Trips are coordinated by Above Board Paddle Company, 267-466-7111.

n. Closet in the aerobics room will be “overhauled.” Provide suggestions to Mgr. Sandomenico.

o. 115 unique users in paid fitness classes last week; 138 unique users during the same week in 2016, when fitness classes were free. This decline is consistent for the past few months.

p. The new “20/20/20” and TRX fitness classes has been well attended.

q. Suggestions for new fitness classes.
   - Ballroom dancing class. Perhaps two groups that meet weekly. At completion, have a competition among participants during a River Club dinner.
   - Dance aerobics class, which would be lower key than Zumba.
   - Getting started class on proper use of equipment in the exercise room.
   - Mgr. Sandomenico to investigate these suggestions.

6. Business Administration
   a. Consideration of minutes from prior Committee meeting
      - A correction to the January 15, 2017 committee meeting minutes was made and minutes were approved as amended.

7. New Business Requests and Comments
   a. Review long-range plan for the Fitness Center
      - Discussion delayed.
   b. Committee recommendations for use of the Welcome Center (if purchased by VCDD).
      - Following a lengthy discussion, the committee decided to continue the discussion at the next committee meeting.
      - A summary of the ideas discussed:
         o Move the exercise room and aerobics room to Welcome Center and expand the size
         o Meeting space for VCDD, committees, POA, Community Association, etc.
         o Game room
         o Rent office space to outside groups to generate income
         o Conduct survey of residents before any purchase is finalized
      - Concerns expressed:
         o Cost to purchase and renovate the Welcome Center
c. Committee ideas for enhanced well-being offerings at the River Club; mind/body/community

- The brainstorming session generated the following ideas for future consideration: Cooking class with fitness/healthy eating theme; kayaking; hiking; fishing club; garden club; knitting club.
- Series of fitness-related seminars. Fitness with bunions; alleviating chronic back pain, etc. Perhaps work with the Community Association.
- Exercise room equipment: best practices for use of equipment; beginners guide for which equipment to use; recommended workouts.
  - Mgr. Sandomenico recommended that it’s best for beginners to talk with personal trainers.
  - Consider scheduling a monthly class about proper use of equipment. Residents would signup as they do for fitness classes.
- “Sit for Fit” class for less physically capable residents.
- “Discover the Fountain of Youth” exercise class to encourage non-physical residents to get physical.
- Class to improve your balance.
- Daily drawing for anyone who shows up for any 30-minute fitness activity. Prizes could be t-shirt, water tumbler, free coffee, free personal training session, credit in the dining room, etc.
- Establish a fitness goal and reward program with points assigned for each fitness activity.
- Set a personal weight loss goal for one month. Prize for attaining the goal.
- Set “step” goal of 10,000 steps each day for a month. Prize for everyone who meets the goal.
- Offer a nutrition class.

d. March VCDD meeting representation

- Peggy agreed to provide the committee report at the February 26, 2018 VCDD Board meeting.

9. Adjournment

- Motion made and passed to adjourn at 3:50pm.

Next committee meeting is March 19, 2018 at 2:00pm.