

MINUTES OF THE REGULAR MEETING
OF THE FITNESS ADVISORY COMMITTEE
OF THE CITY OF SUNSET HILLS, MISSOURI
HELD ON MONDAY, JANUARY 13, 2020

BE IT REMEMBERED that the Fitness Advisory Committee of the City of Sunset Hills, Missouri met at the Community Center in said City on Monday, January 13, 2020. The meeting convened at 11:00 am.

ROLL CALL

Rose Garland	-Member
Mary Woods	-Member
Barb Scott	-Member
Kay Adams	-Member
Teresa Johnson	-Recreation Coordinator

APPROVAL OF THE MINUTES

Copies of the minutes of the November meeting were distributed to the members for their review. Ms. Garland made a motion to approve the minutes, Ms. Adams seconded the motion, and it was unanimously approved.

OLD BUSINESS

Ms. Johnson gave updates on the following programs:

- Day and Evening Beginners Yoga sold out at 15
- Stretching and Meditation sold out at 15
- Lunch HIIT was canceled due to low enrollment
- Sunset Hills Slim down started Saturday with 23 participants
- Mid-Week Boost Boot Camp has canceled due to personal conflict
- Body Weight Strengthening is scheduled to start later this month

Wellness week is still in planning stages, a more structured schedule will be available in the new few weeks.

Budget Items

None

NEW BUSINESS

Ms. Johnson gave updates on the following:

2020 Community Center holiday hours are pending approval.

2020 Fitness budget for equipment is not finalized but ideas are being collected for member wants.

A new spin bike to replace the espinners on the fitness floor is currently on demo. Positive feedback thus far.

Doug Martin was added to the weight room staff in late December.

Ms. Woods commented that free week seemed successful. Ms. Johnson commented that it started slow but that numbers did increase as the week went on; she also addressed that some instructors may start limiting participants for comfort level in the group fitness room.

NON-AGENDA ITEMS

None

NEXT MEETING DATE

March 9, 2020

ADJOURNMENT

Ms Scott made a motion to adjourn the meeting at 11:23 am. Ms. Adams seconded the motion, and it was unanimously approved.