

MINUTES OF THE REGULAR MEETING  
OF THE FITNESS ADVISORY COMMITTEE  
OF THE CITY OF SUNSET HILLS, MISSOURI  
HELD ON MONDAY, MARCH 18, 2019

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, March 18, 2019. The meeting convened at 11:02am.

**ROLL CALL**

Barb Scott	-Member
Kay Adams	-Member
Rose Garland	-Member
Gary Dolle	-Member
Teresa Johnson	-Recreation Coordinator

**APPROVAL OF THE MINUTES**

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

**OLD BUSINESS**

Next week is Wellness Week and the start of the new Group Fitness schedule.

March Programs discussed last meeting all have good numbers.

**Budget Items**

None

**NEW BUSINESS**

Ms. Johnson gave updates on the following items:

Core Strength for Seniors is a new program starting in April. Pump and Run also starts in April, both programs lead by Michelle.

A request had been made to adjust Saturday hours to an earlier opening. The committee agreed that adjusting the hours to 6am to 6pm Saturday's was a good idea. They did not want to change Sunday hours at this time.

Ms. Garland requested that Holiday hours be evaluated. Ms. Johnson stated 2019 was already set, but she would consult fitness advisory for a recommendation to bring to park board for 2020.

**NON AGENDA ITEMS**

None

**NEXT MEETING DATE**

May 13<sup>th</sup> 11am

**ADJOURNMENT**

Ms. Adams made a motion to adjourn the meeting at 11:28 am. Mr. Dolle seconded the motion, and it was unanimously approved.