



FirstService
RESIDENTIAL

Fitness Committee Minutes November 13, 2015

*Regency at Monroe H.O.A.- Fitness Committee Meeting Minutes
Friday, November 13, 2015*

Members Present: Norman Goldman, Chair
Elyse Kleinman
Linda Principe
Barry Weichman

Also Present: Stephanie Harmon, Community Manager, FirstService Residential
Michael Chait, Trustee

Members Absent: Sandy Cains

1. The committee reviewed Gym Etiquette and some ongoing problems and concerns with homeowners speaking on their cell phones, failure to wipe down equipment and carrying on with loud voices. It was agreed by the committee, that Management will post some "Policy" signage on the doors and in the locker rooms on bright color paper to attract the reader.
2. Committee discussed the recent on site training provided by Rich Kaminsky of Gym Source. It was agreed that Management should arrange for more training sessions. S. Harmon recommended that quarterly sessions be considered.
3. Committee reviewed items to be purchased, such as, additional body bars, dumb bells. Upon completion of the meeting the committee was going back into the gym to review all items needed and will provide Management with a list for ordering.
4. N. Goldman requested that an additional bench be added to the men's locker room. There are times though out the day that the locker room has heavy use and 1 bench cannot accommodate usage.

Meeting adjourned at 12:25pm