



**FirstService**  
RESIDENTIAL

# FITNESS COMMITTEE MINUTES

August 1<sup>st</sup> and September 17<sup>th</sup>, 2014

05

Minutes of Fitness Committee of 8/1/14

Attendees:

Rich Kaminski – Gym Source

Stephanie Harmon – First Service Residential

Rich Lans – Trustee

Norman Goldman – Chairman

Bonnie Greenstein – Recording Secretary

Sandy Cains

Carmine Carrara

Elyse Kleinman

Rich Kaminski, now represents Gym Source. This is a company that can make many brands of equipment available to us and can customize the mix of brands. They also offer their own internal service department. The following equipment was recommended for our gym:

A functional trainer that 2 people can use at the same time that offers many functions and is manufactured by Cybex. It is called Bravo.

An elliptical that can move laterally, forward and back as well as up and down. This is called Lateral X. It was suggested that we replace the existing ellipticals with 4 Lateral X and 2 arc trainers.

A new version of the Nu-Step that can go forward and back, and work the upper body as well as the lower body. This is called the X-ride XR 6000.

Bikes called the true bike which is adjustable Model 400. We would then have 5 recumbent and 1 upright bike.

12 treadmills.

This would be a total of 6 new pieces of equipment.

In addition we would get one new bench on wheels, 12 and 15 Lb, body bars.

Maintenance would be done quarterly.

The next meeting is scheduled for Wednesday, September 10 at 1100.

Respectfully submitted,

Bonnie Greenstein

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Minutes of Fitness Committee of 9/17/14

Attendees:

Rich Kaminski – Gym Source

Stephanie Harmon – First Service Residential

Charlie Lerman – Liaison

Rich Lans – Trustee

Norman Goldman – Chairman

Bonnie Greenstein – Recording Secretary

Sandy Cains

Carmine Carrara

Elyse Kleinman

Linda Principe

Rich Kaminski reiterated the things he recommended at the last meeting. We discussed whether we needed 12 treadmills and decided that 10 would suffice.

We have had the X-ride demoed and everyone seems to like it. We will also have the X-Ride demoed next.

It was decided that we should purchase the X-ride as well as 2 new recumbent bikes. Rich suggested the Tru-fit bikes because adjustments are easy to make. For strength training it was suggested that we purchase the Cybex Bravo that can be used by 2 people simultaneously.

Respectfully submitted,

Bonnie Greenstein