



**Minutes of a Meeting of the Health Club Committee**  
**Held on 10th January at 7pm**  
**in the Garden Room**

**Present:** Charles Shiplee                      Liaison Director  
                  Marc Newey                        CEO  
                  Janine Railton  
                  Nick Bunn                                Chair  
                  Victoria Stephens  
                  Fiona Sargeant  
                  Laura Martin  
                  Jasmine Amaria

**In attendance:** Simon Baker                      General Manager  
                      Ana Leal                                Assistant Health Club Manager  
                      Ricky Alexis                            Gym and Studios Manager  
                      Nilofar Arman                        PA

**APOLOGIES:** Luke Fenton

**1) REVIEW OF MINUTES**

Minutes of the meeting held on 22nd November 2022 were approved.

NB requested for Health Club reports and statistics to be circulated to the Committee a week before the meeting to allow time for the Committee Members to read and process the information.

Comment cards and feedback to also be circulated. Any issues that the Committee would like to discuss need to be raised beforehand and can also be done in the form of a comment card.

## 2) OPERATIONAL UPDATE

Gym updates and information was previously circulated and **noted**.

New gym equipment has been ordered and awaiting quote on new watt bikes. Technogym will be providing one quote for replacement of all equipment and one quote for replacement of certain equipment.

The current bikes in the gym are the best that the supplier provides so we can wait until there are newer models in the market. We can also have a trial of Atom X bikes but general market feedback on these bikes are not very good.

The main reason that Technogym was chosen as the equipment provider for the gym was to be able to link everything to the app. There are two Technogym apps, one being 'MyWellness' and the other being the 'Roehampton Club Gym and Studios' app. They are similar but the latter is tailored to Roehampton Club specifically. LM suggested launching a 'Wellness Evening' to educate Members on things like the app usage.

Virtual classes are now running but not yet fully promoted. This can be done with the launch of the app. App usage is increasing and it is also encouraged at gym inductions. The app is not limited to a smart phone as it can also be linked to Membership cards or smart watches. Headphones can also be permanently linked to the app. Tablets are also provided at the gym for signing up to the app.

Data can be logged and monitored on the app. At the end of a program both the Member and the PT will receive an alert so the PT will know to contact the Member and the Member will know to expect contact.

## 3) GROUP EXERCISE

Group Exercise update was previously circulated and **noted**.

The class timetable has been updated with changes and new list of classes. New instructor has been found for 'Forever Fit' but need to figure out the best times for Members. **RA is to send the list of options to JR who will check with her contacts of their preference.**

**RA to also find out if Juliet can do more yoga classes with different levels.**

Lauren is qualified in Reformer Pilates while Susanne and Zuzana will also be trained to become qualified in Reformer Pilates. Wednesday Zumba will be monitored until February to see if attendance can be increased.

#### **4) SWIM AND JUNIOR ACTIVITIES**

Swim and Junior Activities report was previously circulated and **noted**.

Peter has started as a new Junior activities co-ordinator and will be bringing in new activities. He is also currently a swim teacher at the Club. There have been no leavers.

Christmas rackets camp in December was very popular. Staff Spinathon raised £2,000 in support of the Laurie Todd Foundation and Santa Swim raised £650 in support of Royal Hospital for Neuro-Disability. CS thanked AL for all her charity work.

**AL to update the noticeboard in the Health Club.**

#### **5) DISCUSSION POINTS**

Employees are continuously benchmarked internally and externally and to do this HR manager Susan Barton meets other HR managers twice a year and MN meets other CEOs two/three times a year. A staff retention scheme is also in place as well as staff benefits.

Group Ex instructors' pay is standardised, and PT pay structure is protected by base salary which incentivises the PTs. Targets are also set for PTs which motivates them to do more. Our PT prices are averagely similar to other clubs.

Currently the information on the Health Club site is repetitive and more operational. It was suggested that the Committee members and trainers to take turns to give their updates on the site. CS emphasised on the importance of this to also be outside of the recorder, via a top-ten email. He also raised the point that there are many leaflets in the Health Club of overall Club activities but none in the main Clubhouse for Health Club activities.

**LM to head up and support the team with the fortnightly email communication from the Health Club.**

**LM/RA/AL to provide their updates to Daniella and discuss format and layout.**

The Committee discussed creating a short member survey, Top 10 questions, tailored to class demand. **RA to collate demand and survey questions to be set by RA and Committee.**

This is to be done by March/April to allow time to check occupancy of current new timetable.

It was also mentioned that Les Mills are a good value for money, well respected and consistent.

**RA to use a traffic light system for classes.** The classes that are at risk of removal will be given a time frame to build numbers or the class will be removed. **RA will explore the suggestion of a baby/parent yoga class.**

Currently Tulloch Studio use the Squash Courts for their Pilates. MN suggested possibly having Reformer Pilates on the Squash courts at the same time as the Studio as 2 other Squash courts will also need to be blocked. RA also suggested offering Reformer Pilates as a course to keep it fair and give everyone a chance to book onto it.

It was agreed for Sparc Studio to have a look at the flooring space on the gym floor and to provide a brief at the next meeting on what is needed.

The Bandstand is currently being repaired and will then be upgraded with a table tennis and other games to be used as an area for children and teenagers.

Another area for promotion is Teen classes as they currently do not have demand or attendance. Circuits on late afternoon weekends was suggested.

LM mentioned as a future meeting discussion point that the Health Club needs to be more wellness focused and there needs to be an internal referral of clients between Tulloch Clinic and the gym.

*The meeting concluded at 9:00pm.*

**DATE OF NEXT MEETING: Monday 20th March at 7pm**