

# Minutes of the Health Club Committee Meeting Monday 15<sup>th</sup> April 2024

Nick Bunn	Chair
Jasmine Amaria	
Janine Railton	
Laura Martin	
Marc Newey	Chief Executive
Simon Baker	General Manager
Stuart Reeks	Health Club Manager
Ana Leal	Family Activities Manager
Ricky Alexis	Gym & Studios Manager
Lucy Carter	Deputy Gym & Studios Manager

## Apologies

Fiona Sargeant, Victoria Stephens, Graham Huntingford

**Minutes from the previous meeting on 22<sup>nd</sup> January were approved.**

## **Staff Updates:**

- Adam relocated to the US
- New starter Sofia. Joined us beginning of April – Big focus on women's health, Olympic weightlifting and S&C. She is currently undergoing her induction and getting involved with member inductions, programmes and classes.
- Sarah sadly leaving us at the end of the month. Advert currently out to look for a like for like. Physio/Osteo to try and link with PSM.
- Recruiting new lifeguards before the summer – Overseen by Boris
- Trying to create more of a presence with PSM in the Health Club. Push for more links; Gym & Rehab opportunities

## **Statistics/Usage:**

- Overall usage of the club up in last 3 months – January rush & Juice Bar busy due to Kitchen closure key factors.
- PT delivered has gone up with targets being hit.
- Can we look at tightening up the tracking of usage **SR**
- A lot of positive comment cards coming in; Holistic, Criag who has taken over from Blair & Ayesha

### Reformer Pilates:

- Have ordered 1 more Reformer bed to take the total number up to 4
- Looking at Re-Launching Reformer Pilates; new prices, times & dates
- Taking the cost down for Inductions and Classes. Proposal was induction £20 down to £10 & classes £30 down to £20. **LC/SR to look at option to pay for induction but then get first session free.**
- Blocks for classes (5, 10 & 20) all becoming cheaper.

### Rehab Bikes/Treadmills

- Currently running sessions that are bookable. Monday & Tuesday 1pm Thursday 9am
- Will keep an eye on number as to expanding sessions.
- Evening sessions could be run outside due to swim lessons indoors
- To look at display options **SR**

### GEX Classes

- Looking at class numbers – can we have a sufficient number of classes where the classes are full. Power Yoga for example Monday & Saturday always fully booked **LC**
- Thursday 7am Body Pump with Marilia. Numbers a lot lower recently – can this be changed to an Abs Conditioning class. **LC**
- Squash courts – to look at options for more impact classes earlier in the morning **LC**
- Looking for Aqua cover instructors at the moment **LC**

### New Spin Bikes

- Looking at 2 different bikes; Stages & Kieser
- LC & RA tested out Keiser bikes at Evolution
- SR to test out Stages at Foxhills
- Ideally want to get some bikes into the club for members and instructors to test out
- Would want to lease the bikes rather than purchase – 2025

### Social Events

- Aqua lunch was a great success – would like to look at recreating 2/3 times per year. Christmas, March & Summer Party?
- Summer Party for Health Club Members – Friday 5<sup>th</sup> July **Fiona & Victoria to plan**
- End of Summer / Back to School Pool Party Sunday 25<sup>th</sup> August **AL**

### Swim, Camps & Family Events:

- Hit over 300 swimmers on programme
- Inter Club Gala Saturday 18<sup>th</sup> May
- Adult Outdoor Lake Swim Thursday 6<sup>th</sup> June
- Camps February & first 2 weeks of Easter quiet. Final week fully booked.
- Trialling Teen Camps as requested by Family Forum
- Nuclear Race coming up Sunday 12<sup>th</sup> May
- Parent & Baby yoga

## **Booking System & ESP**

- Booking system had been updated but unfortunately wasn't very user friendly for Health Club Members
- System has been switched off until issue has been resolved where we can have both options available. By class & by day/time
- Can we look at having a digital membership card? **SB**
- Long term project to look at how we can have an integrated app for all the clubs booking systems
- Trail online ordering system with ordering to the table / sun lounger at the outdoor pool over the summer
- No Shows. Have had a growing problem with members booking onto classes and the not turning up. We have introduced an automated system – 3 no shows in 2 months: 2 weeks no booking. 5 no shows: 1 month no booking
- Can we look into a gate to exit – Button or Code? **SB**

**Date of next meeting Monday 1<sup>st</sup> July**