BOCA WEST
COUNTRY CLUB

MINUTES

MEETING:	Lifestyle & Wellness Committee
DATE:	April 10, 2024
MEMBERS PRESENT:	Robin Shulman, Chair; Enid Hoffman, Vice Chair Howard Attermann, Gary Berkowitz, Jodi Borash, Teri Cox, Mark Dorfman, Andrea Goldfarb, Jo ann Greenberg, Ira Krinick, Jeffrey Lasker, Lori Mandel, Myra Slepoy (by Zoom)
MEMBERS ABSENT WITH NOTICE:	Rochelle Adler, Lorraine Levy
PARTICIPANTS:	Misty Stewart, Director of Lifestyle & Wellness
ISSUE DATE:	April 23, 2024

Meeting was called to order at 3:00pm.

A. **Introductions**
   a. R. Shulman welcomed all the members to the Committee and thanked them for their interest and willingness to serve on the Committee.
   b. Committee members discussed their backgrounds and reasons for their interest in the Committee.
   c. M. Stewart introduced herself and discussed her background.

B. **Guidelines**
   a. All members read and signed the Code of Ethics
   b. R. Shulman discussed the following:
      i. Committee's goals and responsibilities
      ii. Guidelines and rules of the road
      iii. Confidentiality of all discussions and information disseminated to Committee members.
      iv. The Board of Governors' view on open, frequent communication and transparency
         - Two-way communications with BWCC Members.
      v. The role of Committee members
         - Committee members were instructed to address all questions and concerns to the Chair or Vice Chair and not the Director of Lifestyle & Wellness or her staff.

C. **Education**
   a. Each Committee meeting will have a short educational component to the meeting.
      i. Committee members were asked to think about what they would like to be educated more about in future meetings, specific to the Lifestyle & Wellness Department.
      ii. R. Shulman asked that ideas be shared with her, and she would share them with M. Stewart.

D. **Director's Report**
   M. Stewart shared updates.

E. **Renovations**
   a. Core Studio – flooring work is being completed.
      i. Two quad TRX units will be installed and classes will begin May 1st.
      ii. Stretching and boxing units will return in the Core Studio.
      iii. An inquiry to bring back boxing classes was made, which was very popular.
         - M. Stewart will look into this.
      iv. Personal training sessions will also be held in the Core Studio.
   b. Outdoor Studio
      i. We are still waiting on the permit for awning installation.
      ii. Two additional duet TRX units will be installed here.
   c. Spa Courtyard/Garden
      i. Massage structure installation work is beginning
      ii. Tile work is in progress.
   d. Spa Experience Shower renovation
      i. Plans are being finalized now
      ii. Work will begin over the summer.
   e. Additional information will be shared in future meetings.

F. **Facilities**

f. Lifestyle Locker Rooms have reopened.
   i. The areas that were renovated were those that sustained water damage during flooding and were covered by insurance. This includes lockers, flooring, wall-paper, paint, and women's sauna.

g. Pilates Studio had a very successful opening
   ii. There are currently 26 semi-private classes per week.

h. Beverages have moved back to men's & women's lounges in the Lifestyle Locker Rooms.

i. Spa Facilities are now only for members/guests with spa bookings (and Retreats in the future).

G. **Programming**

a. Monthly Spa and Salon specials were shared.

b. Spa lunches are also now available to order for before or after treatments.
   i. They include a selection of offerings from Market Square and are delivered downstairs to the spa lounge.
   ii. Once Spa Courtyard opens, lunch can be enjoyed there as well.

c. Currently we have 87 Group Exercise classes per week, not including Pilates Studio classes.

d. New Aqua Board classes at the pool have been going very well.

e. Specialty Classes & Events have begun and include:
   i. Ballroom Dance socials
   ii. Lunch & Learns
   iii. Full Moon Yoga

f. May is National Walking Month - we will have weekly walks with different focuses.

g. Retreats will begin in June
   i. Majority of the activities will be onsite, with a few off property.
   ii. Members will have the option for doing the complete Retreat, or signing up for activities/classes a-la-carte.

H. **Staffing**

a. Elaine Sbrolla, Spa Manager resigned.
   i. We are currently looking to fill the position.

b. Mark Basinger, Water Technician Specialist is retiring end of April.
   i. We are working with CES to get the automated pool chemical system up and running, and working to hire a new specialist.

c. JohnMark Jenkins, Sports Performance Specialist is moving to be closer to his girlfriend.
   i. He will be here through the end of May, and we are looking for his replacement as well.

d. We all share our gratitude to the departing Staff and for their contributions to Boca West.

I. **Summer Appointments**

a. Summer bookings for Fitness, Spa, and Salon will be opening starting May 1st.
   i. Members can book for the period of June 1- October 31st (first-come first-served).

b. Recommendation was made for pricing adjustments during slower times.
   i. M. Stewart shared that they are looking into that option.

J. **General Discussion**

a. Members engaged in a general, open discussion and asked questions.

i. An inquiry was made if there will be automatic/handicap doors at the entrance to the Lifestyle & Wellness Lobby entrance.

- This was confirmed to be part of the plans, and is in process now.

ii. An inquiry was made for an updated map showing the locations of AEDs in the new Lifestyle & Wellness Complex.

- This is being updated now and will be shared once completed.

iii. A recommendation was made for there to be spotters added for busy fitness classes, to ensure correct form.

- M. Stewart said we would look into what classes may need this.

Next committee meeting is scheduled for Wednesday, May 15th at 3pm.

Meeting was adjourned at 4:30pm.