BOCA WEST
COUNTRY CLUB

# MINUTES

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| **MEETING:** | Lifestyle & Wellness Committee |
| **DATE:** | May 15, 2024 |
| **MEMBERS PRESENT:** | Robin Shulman, Chair; Enid Hoffman, Vice Chair; Rochelle Adler; Howard Attermann; Gary Berkowitz; Jodi Borash; Teri Cox; Mark Dorfman; Andrea Goldfarb; Jo ann Greenberg; Ira Krinick; Jeffrey Lasker; Lori Mandel; Myra Slepoy; |
| **MEMBERS ABSENT:** | Lorraine Levy |
| **PARTICIPANTS:** | Misty Stewart, Director of Lifestyle & Wellness |
| **ISSUE DATE:** | May 30, 2024 |

Meeting was called to order at 11:04am

A. Introductions
    a. Chair welcomed all members.
    b. Last month's minutes were approved.

B. Education
    a. M. Stewart discussed the 5 Core Pillars of Live Well at Boca West
        i. These pillars drive the Lifestyle and Wellness department's goals, including program development, wellness goals and integration with other departments.

    b. Committee Members engaged in discussion regarding the pillars, the social aspect of the programming, enjoyment of the new activities, etc.

C. Director's Report
M. Stewart shared the following updates:

1. Renovations
    a. Spa Courtyard/Garden is in process and is to include:
        i. Thermal pools
        ii. Treatment cabanas
        iii. Relaxation areas.
    b. Once the TCO is granted, the L&W and Membership teams will be giving tours which can be scheduled through the Live Well Concierge Desk.
    c. Lifestyle locker rooms are open
        i. 100 permanent lockers were added, as we have additional lockers in the Pool house.
        ii. Day lockers are still available and there is still a wait list for permanent lockers.
2. Core Studio
    a. TRX classes have started in the now-open Core Studio which is being built out with recovery options and stretching space.
    b. Additional bands and weights will be added as well.
3. Lap Pool Temperature
    a. Engineers have recommended a water cannon to aerate and cool the pool. It just arrived, and is effectively dropping the temperature. We will continue to monitor this.
4. Programming
    a. Working on summer programming
    b. Currently 81 classes/week and 26 semi-private Pilates classes/week are offered.
    c. Will be cutting out classes that do not have attendance.
    d. Some group exercise class teachers are now doing personal training.
        i. Two new female trainers have been added this year.
    e. Posture/balance classes were recommended by one of the Committee Members.
    f. Specialty classes to help improvement in other sports such as tennis, pickle and golf are being looked at as well.
    g. Next Ballroom social will be June 7th.
    h. May's National Walking Month walks have been very successful.

5. Wellness Retreat – June 20th-23rd
    a. The Pool House will be the base for the Retreat – this will start with the Summer Solstice.
    b. Members can join the entire Retreat or just individual events.
    c. Calendar is not finalized yet but the retreat will include a sound bath and burning bowl ritual, full moon yoga, tai chi, sunrise yoga on the beach, spa treatments, cardio drumming, trip to Morikami, and many other exciting classes.
    d. Future retreats will be based on the success of each subsequent event, including the popularity of individual retreat events, and have different themes.
6. Farmers' Market
    a. The Farmers' Markets were very successful with positive feedback from the Vendors and Members.
    b. These will start again in the fall.

D. Miscellaneous
    a. Grab bars were requested in all the Pool house showers for safety. They are currently in the ADA showers and family showers. M. Stewart said that we would look into it.
    b. A request was made for bathing suit spinners in the pool locker rooms. M. Stewart said that we are looking into this.
    c. Questions were raised about members not returning pool towels, as well as a potential need for more towel bins around the pool area. M. Stewart said that we will look into this.
    d. Committee members discussed Guest and Offspring rules, with various opinions shared.
    e. A request was made for a memo to be sent prior to the holiday period to remind members to be courteous to other members in the fitness center. M. Stewart made note of this request.
    f. An inquiry was made for an updated map showing the locations of restrooms at the Aquatics complex. M. Stewart said we will look into this.
    g. An inquiry was made for single-person bathrooms to be made unisex instead of designated as male or female, especially in the Market Square and the Cabana Grill. M. Stewart said she would pass along this request.

Meeting was adjourned at 12:09pm.

Next committee meeting is scheduled for Wednesday, June 12th at 3pm