BOCA WEST
COUNTRY CLUB

MINUTES

MEETING:	Lifestyle & Wellness Committee
DATE:	June 19, 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; Lorraine Levy; Lori Mandel;
MEMBERS ABSENT:	Myra Slepoy;
PARTICIPANTS:	Misty Stewart, Director of Lifestyle & Wellness
ISSUE DATE:	June 24, 2024

1. The meeting was called to order at 11 am.
    a. Minutes were approved from the May meeting.

2. Lifestyle and Wellness Director Report:
    A. M. Stewart shared stats from the season:
        a. Fitness Usage from Nov-May of the 23/24 season vs Nov-May 22/23 had an increase of 41%.
        b. Fitness Training sessions in Nov-May 23/24 vs Nov-May 22/23 had an increase of 29%.
        c. We have had over 500 Semi Private Pilates classes since opening the new Pilates Studio.
            - Private Pilates sessions have had an increase of 25% this season vs last season.
        d. Spa Massage treatments from Nov-May 23/24 vs 22/23 had an increase of 17%.
        e. Facial treatments this season increased 20%.
        f. Aquatics patron usage is 4 times the amount that it was the last two seasons the prior pool was open.

    B. M. Stewart shared an update on the Renovation & Facility:
        a. We are still waiting for TCO for the Lobby and upstairs areas of the Lifestyle & Wellness Building.
        b. We will have a ribbon cutting ceremony and tours once it opens.
        c. An inquiry was made for a special tour for the L&W Committee.
            - M. Stewart said she would look into this.
        d. Maps will be given out with this opening, showing bathrooms and First Aid/AED locations.
        e. Spa Garden work continues.
            - The sidewalk between the Spa Garden and Tennis Courts has been torn out in order to work on pipes, and fence work begins.

    C. M. Stewart shared a program update:
        a. Salon scent of the month is Creamsicle Pineapple Deluxe.
        b. Spa special features a NuFace LED Facial with Micro-current Eye Smoother and Brow Lift.
        c. Group Exercise Classes are currently at 70 classes per week.
        d. We have 27 Semi Private Pilates classes per week, and 2 Parkinson's Boxing Classes per week.
        e. The next Ballroom Dance Social is July 5th.
        f. Water Volleyball continues Wednesdays and Fridays in June.
            - A request was made to send another email about Water Volleyball.
            - This was sent out.
        g. June Summer Wellness Retreat is coming up on June 20th-23rd.
            a. M. Stewart asked committee members to please join activities, and share with other members to encourage participation.
            b. Members can join for the full retreat or a la carte activities.
            c. It starts with a summer solstice sound bath, has a lot of yoga activities in line with International Yoga Day, great off-property activities, and diverse wellness activities suitable for all.

    D. M. Stewart shared a staffing update:
        a. Spa Manager: Hailie Wilde starts next week.
            i. She is coming from California, most recently with La Costa, and before that with Waldorf Astoria properties.

b. Fitness Manager: Ed Connelly starts in July.
    i. He is coming from Broken Sounds Country Club.
c. Water Technician Specialist: we are still looking for.
    i. Mark Basinger stayed on to assist on a part time basis, and CES is working to install the automated system.

E. M. Stewart answered questions asked by committee members:
    a. The water cannon has been reducing temps for the lap pool to low-to-mid 80's to start each day.
        i. We will continue to monitor this, and are also researching the option of a potential chiller with Weller Pools and CES.

    b. The wiring for the TV's on the cardio units in the fitness center was damaged during construction, making the image fuzzy on some channels.
        i. An outside company is assessing what it will take to fix this.

    c. We are scheduling Preventative Maintenance on fitness equipment.
        i. This will help reduce heart rate monitoring issues that some of the machines are having.

    d. An inquiry was made about the font size on the amenity bottles in the locker room.
        i. We will keep this in mind for future.

    e. L&W will have a book for season (similar to Golf Book/Tennis Book) outlining our events and programming, as well as an introduction to our team.

    f. A request was made for an update to be sent out regarding the restaurants on 2nd level of the Lifestyle & Wellness Building.
        i. M. Stewart said she would pass this request along.

    g. A request was made for Push/Pull signs on the showers in the poolhouse.
        i. M. Stewart said we would look into it.

Next meeting is scheduled for September.

Meeting was adjourned at 12pm.