BOCA WEST
COUNTRY CLUB

MINUTES

MEETING:	Lifestyle & Wellness Committee
DATE:	September 12, 2024
MEMBERS PRESENT:	Robin Shulman, Chair; Enid Hoffman, Vice Chair; Rochelle Adler; Howard Attermann; Teri Cox; Mark Dorfman; Jo Ann Greenberg; Ira Krinick; Jeffrey Lasker; Myra Slepoy
MEMBERS ABSENT WITH NOTICE:	Gary Berkowitz; Jodi Borash; Andrea Goldfarb; Lori Mandel
MEMBERS ABSENT WITHOUT NOTICE:	Lorraine Levy;
PARTICIPANTS:	Misty Stewart, Director of Lifestyle & Wellness
ISSUE DATE:	September 23, 2024

Meeting was called to order at 3:06pm

1. Chairman's Opening remarks:
   a. R. Shulman welcomed all Members.
   b. June Lifestyle Committee Minutes were approved.
   c. Members were thanked for sending in their requested responses over the summer.

2. Education
   a. M. Stewart discussed the new equipment in the Core Studio
      - Theraguns, Wave Rollers, TRX, Power Plate, etc.
      - There are QR codes for the new equipment showing Members how to use them.

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

   a. There will be a "Welcome Back" week scheduled for the week of November 10th – 18th.
      - Members will be introduced to the teams, the new areas, new vendors and programming, and the equipment.
   b. An inquiry was made if we will continue similar wellness programming from last season.
      - M. Stewart shared that we will continue these programs.
   c. We will have a meditation mala bracelet workshop on September 20th.
   d. The L&W team is being trained on Sound Baths so that the Club can offer more Sound Therapy.
      - The next Sound Bath is September 17th.
   e. Member-Guest Spa Days were discussed:
      - Committee members expressed Spa days were expensive, oversubscribed, etc.
      - Committee Members discussed the creation of customizable Spa Day Packages that would be available instead
      - Members could include a flat rate for a number of treatments, lunch, and could be customizable by the purchasers.
      - For instance, a member could bring a few friends and have a schedule that is already put together by the Spa.
   f. The Committee also suggested that Golf and Tennis Member-Guest events were perfect times for custom Spa packages for Members' spouses playing in the Member-Guest events and their guests.
   g. The Experience Showers in the Ladies' and Men's Spa wet areas are being replaced by various temperature experience showers.
      - There will be no step downs – they will be all level entry.
      - This work is scheduled to be completed in December.
      - The Spa Roman Baths are being resurfaced now.
   h. The Outdoor Studio and the Spa Garden are awaiting inspections before opening soon.
   i. Two new fun runs were added to the schedule –
      - The first is the Spooky Sprint on 10/26 at 3pm
      - There will be prizes for best costumes
      - Committee Members are welcome to help judge and give out prizes.

j. Standing appointment schedules are being booked now.
    - There is an opportunity to purchase packages of massages, facials, private and semi-private training at the existing or discounted prices before the season starts.
    - The number of Members using personal trainers and private Pilates has gone up tremendously.

k. The back corner of the fitness studio will become a performance-focused area with Technogym Equipment
    - This includes Kinesis Units, rowers, stair climbers and treadmills for Members interested in higher-performance equipment.

4. <u>New Business</u>

R. Shulman split the Committee Members who attended the meeting into 3 groups or Subcommittees

- Fitness- Teri Cox, Ira Krinick, and Jeff Lasker
- Spa/Wellness- Myra Slepoy, Jo Ann Greenberg, Howard Atterman
- Aquatics. Rochelle Adler, Mark Dorfman, Enid Hoffman

a. Each Subcommittee has been asked to meet in the next few weeks and come up with suggestions on improving the following with respect to their Subcommittee area
    - Such as Communications, programming, and ideas for Boca West Magazine articles
    - For example, "Did You Know…." or "Frequently Asked Questions about…."

b. Responses are to be sent directly to Robin and Enid by Friday, October 3rd.

c. Members who were not at the meeting will be assigned to Subcommittees at the next meeting.

Meeting was adjourned at 4:09pm.

Next committee meeting is scheduled for Wednesday, October 10th at 4:30pm.