BOCA WEST
COUNTRY CLUB

MINUTES

MEETING:	Lifestyle & Wellness Committee
DATE:	October 18, 2024
MEMBERS PRESENT:	Robin Shulman, Chair; 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 WITH NOTICE:	Enid Hoffman, Vice Chair; Rochelle Adler;
MEMBERS ABSENT WITHOUT NOTICE:	Lorraine Levy;
PARTICIPANTS:	Misty Stewart, Director of Lifestyle & Wellness
ISSUE DATE:	November 4, 2024

Meeting was called to order at 2:02pm

September Committee Minutes were approved unanimously.

A. Misty Stewart, Lifestyle Director's Report:

a. Spa garden opening soon.
b. Salon renovation is almost complete.
c. Driveway behind Lifestyle Center – closed due to flooding, should reopen early November.
d. Playground at the Aquatics Center - will be open prior to the holidays.
e. Spa experience showers are being worked on.
f. Performance Corner in the gym is under construction and should be done by mid-Nov .
    i. Aging treadmills are being removed
    ii. Techno Gym performance equipment is being installed - enhanced treadmills, stair steppers, Kinesis equipment
g. Season Opening week: 11/12 - 11/18
    i. Staff will be giving tours to members
        i. Show members how to use different equipment
        ii. New facilities: fitness studios, Core studio, Spa Garden, etc.
    ii. Special discounts will be offered that week, as well as throughout the season
        i. Different discounts will be offered at different times.
h. Spa therapists are being trained on stretching and deep tissue massage based on member requests.
i. Working on spa packages incorporating recovery and wet area add-ons to training sessions.
j. Spooky Sprint on October 26th
    i. 4 committee members volunteered
    ii. J. Greenberg, L. Mandel, J. Borash and I. Krinick
k. Nov 8th - big ballroom dance in Country Club Ballroom.
    i. There will be another big dance later in season, but still holding regular, smaller ballroom dance throughout season.
l. Increased offerings for Pilates classes and private training due to popularity and demand during season.
m. Full Moon yoga will continue; retreats will be offered during season.

B. Chairman's report:

R. Shulman received all reports from the 3 subcommittees

a. Committee members that are now back at Boca West that weren't on a subcommittee may choose to write a report on any of the 3 areas and turn them in before the next meeting.
    - Fitness
    - Spa/Wellness
    - Aquatics

C. Committee Suggestions

a. A recommendation was made for L&W department to send out a reminder to members to be kind to each other and the staff, especially during peak holiday times. M. Stewart said we will look into it.

b. "Calling all golfers"
    - An idea was brought up that Lifestyle & Wellness could do something like golf to help improve etiquette. M. Stewart said we will look into this.
c. A list of dates was requested for committee members to volunteer. M. Stewart shared that for now, we can have volunteers for the fun runs, and we will share if there are additional dates.
d. A request was made for spa employees to offer day passes if the wet areas of the spa are closed. M. Stewart said that this should always be happening but will review with the team.

Meeting was adjourned at 4:09pm.

The next committee meeting is scheduled for Wednesday, December 4th at 3pm in the Palmer Room.