BOCA WEST
COUNTRY CLUB

MINUTES

MEETING:	Lifestyle & Wellness Committee
DATE:	January 8, 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; Myra Slepoy;
PARTICIPANTS:	Misty Stewart, Director of Lifestyle & Wellness
ISSUE DATE:	January 28, 2025

A. The meeting was called to order at 3:04 pm.
   a. Last month's minutes were amended to show that Howard Attermann was absent last meeting with notice.
   b. Amended minutes were approved.

B. Lifestyle Chair, Robin Shulman's Opening Remarks:
   a. Chair welcomed all members and made the following announcements:
      i. Teri Cox, was running for the Board of Governors.
      ii. It was wonderful to have all the members present
      iii. Welcome back to Rochelle Adler.

C. Educational Session:
   a. Misty Stewart educated the committee on the difference between percussion and vibration therapies, and where these can be found in our areas.
      i. Percussion therapy is an up and down motion, penetrates deeper and is used after working out (i.e., Theraguns and some forms of massage therapy)
      ii. Vibration is a back-and-forth motion and can be used during exercise. It intensifies activities done in conjunction with exercise (i.e., Power Plates)

D. Misty Stewart, Lifestyle and Wellness Director Report:
   a. Saturday, January 11 is the "Live Well Festival" - several committee members volunteered to assist.
      i. A blood drive will be held from 10-3pm.
      ii. Other activities include:
         - Chair massages & stretching sessions provided by our massage therapists
         - Dr Dennis Gross skincare with face LED masks for members to try
         - Recovery area to try compression boots, and other Hyperice devices
         - Vendors providing demos and samples
         - Fitness assessments, demos, and educational sessions

E. Holiday period usage:
   a. Dec 30th was the busiest day at the pool and at the Cabana Bar.
      - Over 2300 were at the pool
      - Over 1400 meals served from Cabana Bar.
   b. Dec 29th was the busiest day at the fitness center
      - Approximately 1200.
      - During season a typical day is 700-800.
   c. Aquatics used stamps to manage people leaving and returning, as well as ages of children.
      - Stamps were more effective than wrist bands used last year.
   d. Swim lessons – focus was on kids during the holidays, now focus is on adults
   e. Youth sports camp with golf was offered from 10-3pm on two different days.
      - 9 kids participated each day
      - Will repeat program during Presidents' week.
   f. Bringing in more trainers, holding extra classes during holiday times

F. M. Stewart shared updates on the Renovation & Facility:
   a. Outdoor studio turf and fencing are being installed the week of Feb 13th.
      - 6 additional TRX bays, sled, weight rack and air bikes will be located there.
      - Set to open soon.
   b. Fitness center - continues to upgrade and cycle out aging equipment
   c. Studio space has doubled since last year.
   d. Pilates studio - working on maximizing private and semi-private space as well as the duets.
      - Meant to be a shared space.
   e. Spa showers Project (experience showers) - delayed because of ADA permits.
   f. Phone lockers will be available- they secure and charge your phone while you are working out
   g. Waitlist for lockers- Have been reducing day lockers since pool house has taken up some day locker use.
   h. The Gratitude Wall is now an Intention Wall.
      - Come write your intentions for the coming year!
      - Looking to change the wall seasonally.
   i. Coming up - classes that may be held in the new Art Studio:
      - Therapeutic art
      - Mala necklace making
      - Candle Making

G. M. Stewart shared a program update:
   a. Group classes currently at 110 per month
   b. Over 40 swim lessons taught over Holiday period
   c. 18 people signed up for belly dancing – adding other options
   d. Farmers market is very busy
   e. African Drumming was popular during holidays and will be repeated presidents' week.
   f. Stretching
      1. Massage therapists have been trained in stretching
      2. This can be added to the end of a training session
   g. Other recovery packages will be offered in the near future as add-ons.
   h. Feb 15th is the Sweetheart's Stroll
      1. Volunteers are needed
      2. 4 signed up so far.
   i. April's Bunny Hop will incorporate a T-shirt design contest for members
   j. Friday morning meditations in the spa garden have been very popular
      1. Capacity is 30-35
   k. Next full moon yoga will be over 2 sessions - 2 different styles and 2 different nights.

Next and last meeting will be on February 5th at 3pm in the Board Room.

Meeting was adjourned at 4pm.