BOCA WEST
COUNTRY CLUB

MINUTES

MEETING:	Lifestyle & Wellness Committee
DATE:	September 16, 2025
MEMBERS PRESENT:	Barry Roberts, Chair; Teri Cox, Vice Chair; Alyssa Fein; Rita Goldblatt; Susan Kaplan; Silvia Kearney; Ira Krinick; Scott Lipkin; Jerilyn Prague; Carole Ries; Peter Ruben; Bob C. Schwartz; Tracy Simon; Ben Zeltner;
PARTICIPANTS:	Jeanine Banks, Chairman of the Board and CEO Misty Stewart, Director of Lifestyle & Wellness
ISSUE DATE:	September 24, 2025

The meeting was called to order at 3:02 pm.

The June Committee Meeting Minutes were approved unanimously.

1. Barry Roberts, Lifestyle and Wellness Chairman's Opening Remarks:

   A. Warm welcome back from summer travels
   B. Emphasized active committee participation for upcoming programming and events
   C. Committee member attendance required at all fun runs.
   D. Brief discussion of member code of conduct expectations at the Lifestyle Center.

2. Misty Stewart, Lifestyle and Wellness Director's report:

   A. Key Metrics (through 8/31/25) — year-over-year
      a. Group Exercise (Jul–Aug)
         - 70/week vs 65/week (+5 | +7.7%)
      b. Aquatics Check-ins (Dec–Aug)
         - 80,000 vs 58,900 (+21,100 | +35.8%)
      c. Fitness Center Check-ins (Oct–Aug)
         - 154,413 vs 110,000 (+44,413 | +40.4%)
      d. Personal Training Session
         - 11,525 vs 11,000 (+525 | +4.8%)
      e. Massage & Facial Appointments
         - 14,300 vs 13,400 (+900 | +6.7%)
      f. Private Pilates Sessions
         - 6,100 vs 1,600 (+4,500 | +281.3%)

   B. Projects & Facilities
      a. Fitness flooring: installation underway.
      b. Aquatics depth-marker signage: completion by month-end.
      c. New equipment being delivered and introduced over next 3 months.

   C. Programming
      a. Reviewed 2025-2026 Lifestyle & Wellness Magazine.
      b. Fall/Season programming launching.
      c. Calendar of scheduled events & activities in progress.

   D. Summer Assignment Review — *"Lessons from the Road"*
      a. Committee members shared observations from summer travels and local experiences, noting both strengths at Boca West and opportunities for enhancement.
      b. Feedback consistently expressed appreciation for existing facilities, staff, and leadership, while also suggesting refinements to service touches and amenities that could further elevate the Lifestyle & Wellness experience.
      c. Overall, responses reflected gratitude for what already exists, paired with thoughtful, creative ideas to help Boca West continue setting itself apart.

E. April Assignment Review (Continued) — *"Dream Big" Concepts*
    a. Misty reviewed the remaining items that committee members had previously shared. Misty reviewed many of these ideas that are currently in the works and will be implemented as soon as this season. Initial plans were shared for items that have been confirmed, and how we will continue to build on these concepts in the future.
    b. Conversations and the direction we are moving demonstrated a vision of Boca West as a leader in holistic, innovative, and member-focused wellness.

F. Assignment for next Meeting
    a. "One Thing" each member will bring:
        - One thing you want to ask.
        - One thing you want to know

G. Upcoming Dates
    a. Fun Runs:
        - Spooky Sprint — Oct 27, 2025
        - Turkey Trot — Nov 29, 2025
        - Jingle Bell Jaunt — Dec 20, 2025
        - Sweetheart's Stroll — Feb 14, 2026
        - Leprechaun Lope — Mar 17, 2026
        - Bunny Hop — Apr 4, 2026

Meeting adjourned at 4:42pm

The next Lifestyle and Wellness Committee Meeting is Tuesday, October 14, 2025 at 3PM in the Board Room.