BOCA WEST
COUNTRY CLUB

MINUTES

MEETING:	Lifestyle & Wellness Committee
DATE:	October 14, 2025
MEMBERS PRESENT:	Barry Roberts, Chair; Alyssa Fein; Susan Kaplan; Ira Krinick, Scott Lipkin; Carole Ries, Peter Ruben; Bob C. Schwartz; Ben Zeltner;
MEMBERS ABSENT WITH NOTICE:	Teri Cox, Vice Chair; Rita Goldblatt; Jerilyn Prague; Tracy Simon;
PARTICIPANTS:	Misty Stewart, Director of Lifestyle & Wellness
ISSUE DATE:	October 21, 2025

The meeting was called to order at 1:30 pm.

The Minutes report from the September meeting were approved unanimously.

1. Barry Roberts, Chair's Report:

   A. Chair thanked committee members for their active participation in the first five meetings and encouraged continued committee participation for upcoming programming and events
   B. Committee member attendance is requested at all Fun Runs
      a. Spooky Sprint – October 27 @ 4pm
      b. Slide, costume contest, refreshments, giveaway, and more!

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

   A. Key Metrics (through 9/30/25) — year-over-year
      a. Group Exercise Classes
         - 67 each week during September 2024
         - 69 each week during September 2025
   B. Aquatics Check-ins (December-September)
      a. 61K last season
      b. 83K this season
   C. Fitness Center Check-ins (October-September) = 23% increase
      a. 130K (2023-2024)
      b. 163K (2024-2025)
   D. Personal Training Sessions (October-September) =12% increase
      a. 12,200 (2023-2024)
      b. 13,800 (2024-2025)
   E. Massage & Facial Appointments (October-September)
      a. 13,700 (2023-2024)
      b. 14,700 (2024-2025)
   F. Private Pilates Sessions
      a. 2,100 (2023-2024)
      b. 5,600 (2024-2025)

   G. Reviewed monthly specials, spa packages, & pre-season semi-private training packages

   H. Reviewed standing appointment process, which is nearing completion

   I. Reviewed Completed and ongoing Projects
      a. Fitness flooring: first portion of installation completed, additional work scheduled for 10/24
      b. Chiller added to spa garden pool, temperature being lowered
      c. New fitness equipment purchased, is arriving and is being installed
      d. Aquatics furniture has been repaired, and additional new furniture has been placed
      e. Spa sauna renovation to be in November, exact dates TBD
      f. Salon pedicure chairs to be replaced in November

3. Committee Discussion

   A. Misty reviewed new programming and classes with the committee. A question was raised about class attendance for various classes heading into season. Misty assured committee members that we are monitoring class attendance and ramping up as we head into season.
   B. Each Member was given the chance to say or ask ONE THING
      a. Expressed great satisfaction with the current offerings
      b. The need for app-based reservation system for single appointments was brought up
      c. Members were interested in learning more about decision making processes and how the club operates

4. Assignment for next Meeting

   A. Members were asked to think about the high-capacity holiday weeks, specifically at the Aquatics Center, and be prepared to discuss during the next committee meeting.

5. Upcoming Dates

   A. Next Meeting: Tuesday, November 11, 2025 @ 3:00 PM

   B. Fun Runs:
      a. Spooky Sprint — Oct 27, 2025
      b. Turkey Trot — Nov 29, 2025
      c. Jingle Bell Jaunt — Dec 20, 2025
      d. Sweetheart's Stroll — Feb 14, 2026
      e. Leprechaun Lope — Mar 17, 2026
      f. Bunny Hop — Apr 4, 2026

Meeting was adjourned at 4:39pm

Next Lifestyle and Wellness Meeting is scheduled for Tuesday, November 11th at 3:00 PM.