BOCA WEST
COUNTRY CLUB

MINUTES

MEETING:	Lifestyle & Wellness Committee
DATE:	November 11, 2025
MEMBERS PRESENT:	Barry Roberts, Chair; Teri Cox, Vice Chair; Alyssa Fein; Rita Goldblatt; Susan Kaplan; Sylvia Kearney; Ira Krinick, Scott Lipkin; Jerilyn Prague; Peter Ruben; Bob C. Schwartz; Tracy Simon;
MEMBERS ABSENT WITH NOTICE:	Ben Zeltner; Carole Ries;
PARTICIPANTS:	Misty Stewart, Director of Lifestyle & Wellness
ISSUE DATE:	November 19, 2025

The meeting was called to order at 3:00 pm.

The Committee Minutes report from the October 14th meeting were accepted.

1. Barry Roberts, Chair's Report:

A. Thanked members for their participation and support of the Spooky Sprint Fun Run Event
    a. Rita Goldblatt and Carol Reis were the two winners of the Member Costume Contest
    b. Discussion of ideas to increase member participation of future Spooky Sprint Events ensued
B. Members encouraged to attend the Turkey Trot Fun Run on November 29
C. Karen Ruben was the winner of the Turkey Trot T-Shirt Design contest
D. Guidelines for T-Shirt designs for future events was discussed
E. Standing appointment feedback
    a. Members were asked to encourage others to try our new Trainers

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

Key Metrics (through 10/31/25) — year-over-year

A. Group Exercise Classes
    a. 69 each week during October 2024
    b. 71 each week during October 2025
B. Aquatics Check-ins (December-October)
    a. 46k last season
    b. 85k this season
C. Fitness Center Check-ins (November-October) = 24% increase
    a. 140K (2023-2024)
    b. 174K (2024-2025)
D. Personal Training Sessions (November-October) =13% increase
    a. 13k (2023-2024)
    b. 14.6k (2024-2025)
E. Massage & Facial Appointments (November-October) = 16% increase
    a. 13.4k (2023-2024)
    b. 15.5k (2024-2025
F. Private Pilates Sessions (November-October) =161% increase
    a. 2.3k (2023-2024)
    b. 6k (2024-2025)

3. Facility and Equipment Upgrades

A. Renovation of spa saunas has begun
    a. The new saunas will be hybrid units, including traditional sauna as well as infrared
    b. Women's side is scheduled to be completed before Thanksgiving week
    c. Men's sauna renovations will begin the first week of December
B. Pedicure chair installation is in progress and should be completed by end of the week

C. Technogym equipment installation is scheduled for November 24th
    a. 6 Treadmills
    b. 2 Stretch units
    c. 1 Biostrength Leg Press (which will also integrate our new Technogym Checkup)

4. Programming Updates:

A. We have partnered with a local Registered Dietician, Ella Davar
    a. She has collaborated with us on some menu items at Market Square
        - Her recommendations make these "Dietician Approved!"
    b. We hosted a successful Longevity Lunch with her
    c. Ella will have a book signing for "The Foodie Diet" on November 21st in Market Square
B. Lifestyle and Wellness Open House
    a. Scheduled: Tuesday mornings- December 2nd, 9th, and 16th
    b. Lifestyle Center Tours-focusing on our new equipment and programming for the season, as well as helping members to better understand our areas
    c. We will have recovery lounges set up in the Lifestyle lobby from 9am-12pm
    d. We will be featuring our new fitness assessments and new PEMF (pulsed electro-magnetic field technology) lounger for members to try
    e. Members will have the opportunity to meet some of our new staff members
C. Monday evenings - The spa and fitness center will be open until 8pm during season
    a. We have launched Harvest Wellness evenings in the spa garden
    b. Yoga Nidra (Sleep yoga) for members to integrate into their wellness routines
D. Monday mornings in the Spa Garden starting in December
    a. We are excited to introduce Morning Workshops with new activities
        - Tea ceremonies
        - Mask & Meditations
        - Beauty tool tutorials
        - DIY creations
E. Group exercise
    a. Multiple "Intro" classes for members to try, that give an introduction to some of the classes that may be intimidating or new for them
        - TRX
        - Yoga
        - Meditation
        - Zumba
        - Stick mobility
        - Vipr.
    b. These classes will continue into December
    c. New classes in the Outdoor Fitness Studio have started strong, with many men attending as well
    d. We encourage men to also try our new Vipr and Stick Mobility classes as well as TRX
F. Bocce Ball launched: Open play in the member park on Saturdays
G. More programming for children and teens
    a. Kids Circuit Training – 11/20
    b. Sunday Fun Day – 11/23

H. Upcoming holiday season
    b. We will be offering many kids camps at aquatics
    c. More "Dive-In" movies
    d. Glow night
    e. Collaborations with golf

5. Holiday Season

A. We have added seating for approximately 60 additional people at the aquatics center.
B. The opening of the playground and back lawn will help spread out the available areas for families with children to enjoy.
C. Activities in the pool and clubhouse will provide entertainment, and roaming lifeguards will assist with monitoring and maintaining safety.
D. Stamps will be given out at Aquatics
    a. Like last season- to assist with those leaving and returning
    b. Those that need to be at the kiddie pool (3 & under)
    c. Those that are not able to use the Oasis pool.
        - This will help us keep things manageable and improve the guest and member experience during the holiday season.

6. Committee Open Discussion

A. Committee provided feedback on new programming
B. The challenge of communicating all of the Lifestyle and Wellness program options to our membership
C. Members enthusiastically commended Misty on the level of programming, instructors and service throughout the Lifestyle & Wellness areas

7. Comfort Zone Challenge for December Meeting

B. Members were asked to take a new class, attend a new event or experience a new service that takes them out of their comfort zone before the next meeting

8. Upcoming Dates

A. Fun Runs:

- 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 was adjourned at 4:34pm

The next Meeting is scheduled for Friday, December 12, 2025 at 3:00 PM