BOCA WEST
COUNTRY CLUB

MINUTES

MEETING:	Lifestyle & Wellness Committee
DATE:	December 12, 2025
MEMBERS PRESENT:	Barry Roberts, Chair; Teri Cox, Vice Chair; Alyssa Fein; Rita Goldblatt; Susan Kaplan; Ira Krinick; Scott Lipkin; Jerilyn Prague; Carole Ries;Peter Ruben; Bob C. Schwartz; Tracy Simon; Ben Zeltner;
MEMBERS ABSENT WITH NOTICE:	Silvia Kearney;
PARTICIPANTS:	Misty Stewart, Director of Lifestyle & Wellness
ISSUE DATE:	December 17, 2025

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

The Committee Minutes report from the November 11, 2025 meeting was accepted.

1. Teri Cox, Vice Chair's Report:

A. Thanked members for their participation and support of the Turkey Trot
B. Encouraged members to attend the Jingle Bell Jaunt on December 20, 2025
C. Running snowman by Tracy Simon was the winner of the Jingle Bell Jaunt T-Shirt design contest
D. Guidelines for T-Shirt designs for future events was discussed

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

Key Metrics (through 11/31/25)

A. Group Exercise Classes
    a. 89 each week during November 2024
    b. 96 each week during November 2025
B. Aquatics Check-ins (October & November)
    a. 9,780 (2024)
    b. 10,800 (2025)
C. Fitness Center Check-ins (October & November)
    a. 25K (2024)
    b. 25K (2025)
D. Personal Training Sessions (October & November)
    a. 2,100 (2024)
    b. 2,300 (2025)
E. Massage & Facial Appointments (October & November)
    a. 2,000 (2024)
    b. 2,200 (2025)
F. Private Pilates Sessions (October & November)
    a. 840 (2024)
    b. 1,000 (2025)

3. Facility and Equipment Upgrades

A. Spa Sauna project is nearing completion on the ladies' side and the men's side is estimated to be completed by Dec. 22
B. Venting for Snow Bliss units to be completed soon
C. Electric work for Spa Garden cold plunge should be completed soon

D. New Fitness equipment will be arriving in January
   a. 5 Matrix treadmills
   b. 2 Pilates reformers, 1 Pilates Cadillac
   c. 1 Kaiser Functional Trainer

E. New lounges arrived in the spa. One Somalive Z-5 Vibro-acoustic and one PEMF lounge

4. Programming Updates:

A. New Programming for the Winter Season
   a. Morning workshops and evening events in the Spa Garden
   b. New fitness assessments have been launched
      - Technogym checkup
      - Kinotek Movement Assessment
      - The PNOE breath analysis test will launch in the New Year
   c. Aquatic Therapy, kid camps and dive-in movies
   d. VIPR, Stick Mobility, Yoga Nidra, Foam Rolling and new outdoor FIT classes

B. Scheduled Events and Activities
   a. Morning Workshops and evening events in the Spa Garden
      - Dec 15, 22 & 29
   b. Holiday wellness Monday evenings in the Spa Garden
      - Dec 15 and 22
   c. Connect & Recover in Lifestyle Lobby
      - Tuesday, Dec 16th, (9am-Noon)
      - Featuring Fitness Assessment Demos
   d. Sound Bath in Spa Garden
      - December 17th
   e. Jingle Bell Jaunt
      - December 20th
   f. Winter Solstice African Drumming on Oasis Lawn
      - Dec.21
   g. Dive In movie on Oasis Lawn
      - Dec 27
   h. Vision Boarding in the Pool House
      - Dec. 30
   i. Annual Live Well Experience
      - Jan. 17
   j. Multiple “Intro” classes for members to try
      - TRX
      - Yoga
      - Meditation
      - Zumba
      - Stick mobility
      - VIPR
      - These will continue into December and January

5. Committee Open Discussion

A. Committee provided feedback on getting out of their comfort zone. Each member tried at least one new experience and most tried 2 or more.
    - Trying new trainers
    - Yoga Nidre
    - STKS
    - Outside fitness area
    - New food choices in Market Square
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

6. Mini mission for the next meeting

A. Members were encouraged to enjoy the Lifestyle and Wellness areas during the holiday week.
    - What was the "vibe" in the air?

8. Upcoming Dates

A. Fun Runs:

    - 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 Lifestyle and Wellness Committee Meeting is scheduled for Tuesday, January 20, 2026 at 3:00 PM

Please note, the Jingle Bell Jaunt Fun Run date was changed to December 27, 2025.