BOCA WEST
COUNTRY CLUB

MINUTES

MEETING:	Lifestyle & Wellness Committee
DATE:	January 20, 2026
MEMBERS PRESENT:	Barry Roberts, Chair; Teri Cox, Vice Chair; Alyssa Fein; Rita Goldblatt; Susan Kaplan; Silvia Kearney; Ira Krinick; Scott Lipkin; Jerilyn Prague; Peter Ruben; Bob C. Schwartz; Tracy Simon; Ben Zeltner;
MEMBERS ABSENT WITH NOTICE:	Carol Ries
PARTICIPANTS:	Misty Stewart, Director of Lifestyle & Wellness
ISSUE DATE:	January 28, 2026

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

The Committee Minutes report from the December 12, 2025 meeting was accepted.

1. Barry Roberts, Chair's Report:

A. Chair thanked members for their participation and support of the Jingle Bell Jaunt
B. Chair thanked members for participating and supporting the Live Well Experience on Saturday, January 17th
C. Commented on Holiday Events and level of participation

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

Key Metrics (through 12/31/25)

A. Group Exercise Classes
    a. 104 each week during December 2024
    b. 112 each week during December 2025 + 8%
B. Aquatics Check-ins (October - December)
    a. 24,216 (2024)
    b. 27,246 (2025) + 13%
C. Fitness Center Check-ins (October - December)
    a. 46,837 (2024)
    b. 45,337 (2025) -3%
D. Personal Training Sessions (October - December)
    a. 3,637 (2024)
    b. 3,894 (2025) +7%
E. Massage & Facial Appointments (October - December)
    a. 3,950 (2024)
    b. 4,150 (2025) +5%
F. Private Pilates Sessions (October - December)
    a. 1,591 (2024)
    b. 1,769 (2025) +11%

3. Facility and Equipment Upgrades

A. Live Well Experience
    a. Overall, there was a lot of positive feedback shared regarding our Live Well Event last Saturday.
    b. Everyone loved the Journey Cards, and the additional demos throughout.
    c. The Committee discussed the option of extending or adding another day in the future, based on how popular it was.
    d. A map showing the location of everything was also requested.
        - M. Stewart said we will look into this.
B. Spa Garden pool is now being chilled correctly to 50-55F
C. More yoga has been added to the group exercise class schedule

D. Enrollment continues to build on the new foam rolling, Stick Mobility, and VIPR classes
E. Aqua Board class intensity was scaled back to focus on introduction, Gentle Yoga & Meditation, and Pilates. Those have been doing well
   a. Plans are in place to continue to grow and advance the program
F. Two additional Pilates Reformers and one Cadilac will arrive this week to assist with the Pilates demand
G. New fitness equipment demos went well during the Live Well event
H. Golf Performance demos at the Live Well event were popular, with Aaron and Dares sharing two moves every golfer should do before they play
   a. The Golf Performance programming will continue to develop and advance
   b. We are expecting to launch something similar for Racquets
I. New Equipment:
   a. The Keiser Functional Trainer unit just arrived
   b. As well as a Carol bike
      - AI bike featuring REHIIT technology giving a powerful cardio workout in 5-10 minutes
J. Comment was made regarding some staff needing additional training on the Technogym Leg Press
   a. M. Stewart said the team will address
K. There are three Lunch & Learns coming up
   a. Peptides with HydroPeptide Skincare on Feb 6th
   b. Dining for your Dosha on Feb 20th
   c. Easy Weight Loss Hacks with Ella Davar on Feb 27th
L. Dive-in Movies have been popular
   a. Per member request, we are adding one for adults as well
   b. "How to Lose a Guy in 10 Days" on Feb 13th (Adults)
   c. "Ratatouille" on Feb 19th (Families)
M. Workshops in the Spa Garden have been picking up on attendance
   a. Beauty Tool Tutorials
   b. DIY Creations
   c. Mask & Meditate
   d. Tea Ceremonies
N. A lot of feedback has been received regarding the aquatics complex over the holiday period
   a. There are multiple plans being considered to continue to improve the member experience

5. <u>Committee Open Discussion</u>

A. Mini-Mission - At the prior meeting, members were asked to observe the Holiday "Vibe" during the last two weeks of December
   a. A lengthy conversation ensued.
   b. Predominantly focused on the aquatics area.
   b. Committee members shared their observations and thoughts on ways to handle the crowd including their demands and behavior with the goal of improving the experience for all.
B. Comfort Zone Challenge
   a. Committee members provided feedback on our continued goal of getting out of your comfort zone and trying new things.
   b. Members shared some of their new experiences.

- VIPR
- Stick Mobility
- SomaLive sound & vibration therapy chair and PEMF lounger
- Outside fitness area
- Different group exercises
- Spin

C. Ideas for committee members to experience some different programming and areas at our final meeting were presented and discussed

6. Mini mission for the next meeting

A. Members were asked to provide feedback about their experience being on the committee this year

8. Upcoming Dates

A. Fun Runs:

- Sweetheart's Stroll — **Feb 14, 2026**
- Leprechaun Lope — **Mar 17, 2026**
- Bunny Hop — **Apr 4, 2026**

Meeting was adjourned at 4:38pm