BOCA WEST
COUNTRY CLUB

MINUTES

MEETING:	Lifestyle & Wellness Committee
DATE:	February 12, 2026
MEMBERS PRESENT:	Barry Roberts, Chair; Teri Cox, Vice Chair; Rita Goldblatt; Susan Kaplan; Silvia Kearney; Scott Lipkin; Jerilyn Prague; Peter Ruben; Bob C. Schwartz; Tracy Simon;
MEMBERS ABSENT WITH NOTICE:	Alyssa Fein; Ira Krinick; Carol Ries; Ben Zeltner;
PARTICIPANTS:	Misty Stewart, Director of Lifestyle & Wellness
ISSUE DATE:	February 24, 2026

The meeting was called to order at 3:03 pm.

The Committee Minutes report from the January 10, 2026 meeting was approved.

1. Barry Roberts, Chair's Report:

A. Thanked members for their participation, support and enthusiasm throughout the year
B. Thanked Vice-Chair for her help, support and creativity throughout the year
C. Thanked and commended the Director for her collaboration and leadership in jointly fostering an environment where input is welcomed and suggestions and feedback can be discussed openly and constructively
D. Reviewed Feedback received from committee members regarding their experience on the committee and suggestions for next committee
E. Reminded Members to attend the Sweethearts Stroll Fun Run on Saturday, February 14th
F. Encouraged members to apply for committees before March 5, 2026 deadline
   a. Reviewed process

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

A. Key Metrics (through 1/31/26)

   a. Group Exercise Classes (January)
      - 103 each week during December 2025
      - 113 each week during December 2026 + 10%
   b. Aquatics Check-ins (October - January)
      - 34k (24 - 25)
      - 36k (25 - 26) + 6%
   c. Fitness Center Check-ins (October - January)
      - 66k (24 - 25)
      - 65k (25 - 26)
   d. Personal Training Sessions (October - January)
      - 5,268 (24 - 25)
      - 5,647 (25 - 26) +7%
   e. Massage & Facial Appointments (October - January)
      - 6,000 (24 - 25)
      - 6,200 (25 - 26) +3%
   f. Private Pilates Sessions (October - December)
      - 2,385 (24 - 25)
      - 2,518 (25 - 26) +6%

B. Misty Stewart thanked the committee for their dedication and active participation throughout the year
   a. Shared thoughts on the impact the committee had on the Lifestyle & Wellness programming
C. Updates were provided for events during Presidents Week and the future
D. Introduced the plan for the Spa-Member Guest experiences on March 9, 10, 11 & 12th

3. Committee Experience

A. Committee members participated in a sampling of Stick Mobility, VIPR and meditation classes.
- Positive feedback was provided

4. Upcoming Dates

A. Fun Runs:

- Leprechaun Lope — **Mar 17, 2026**
- Bunny Hop — **Apr 4, 2026**

5. General Discussion

A. Members shared additional feedback and ideas

Meeting was adjourned at 4:36pm