BOCA WEST
COUNTRY CLUB

MINUTES

MEETING:	Lifestyle and Wellness Committee
DATE:	May 4, 2026
MEMBERS PRESENT:	Alan Lustrin, Chair; Anthony Clerico; Rita Goldblatt; Hilda Morris Jackson; Richard Kamzan; Susan Kaplan; Sylvia Kearney; Scott Lipkin; David Okun; Jayne Pek; Jerilyn Prague; Alan Schwartz; Tracy Simon; Ben Zeltner;
MEMBERS ABSENT WITH NOTICE:	Jeffrey Lasker; Vice Chair;
PARTICIPANTS:	Misty Stewart, Director of Lifestyle and Wellness; Stephen Gerber, Assistant Director of Lifestyle & Wellness; Ed Connelly, Fitness Manager; Vanessa Delarrue, Spa Director; Adrianna Blizzard, Fitness Administrative Coordinator; Gina Racz, Group Exercise Coordinator; Carol Anne Paraskevaides, Group Fitness Instructor
ISSUE DATE:	May 15, 2026

1. The meeting was called to order at 3:00 P.M.

   A. The minutes of the April 13, 2026 meeting were unanimously approved.

2. **Alan Lustrin, Chair's Opening Remarks:**

   A. Alan Lustrin welcomed the Committee to the second meeting of the Committee term.
   B. Meeting commenced in the Core Studio located in the Fitness Center and continued with a guided tour of the Spa facilities.
   C. Chair explained that the meeting was designed to serve both experiential and informational purposes by:
      a. Familiarizing Committee Members with the Fitness Center and Spa facilities
      b. Providing an overview of programs, services, and amenities while fostering early-term Committee engagement and collaboration.
   D. Chair presented a summary of the Committee's collective goals and objectives for the term
      a. Compiled from Committee Members' responses submitted during prior meeting's intentions exercise.
   E. Misty Stewart introduced the agenda for the session which included:
      a. Group exercise demonstrations
      b. Introduction to newly added Fitness Center equipment
      c. A guided tour of the Spa facilities.

3. **Fitness Center Program:**

   A. Committee Members divided into two groups and participated in rotating 15-minute TRX and ViPR group exercise sessions.
      a. The ViPR session was led by Gina Racz, Group Exercise Coordinator
      b. The TRX session was led by Carol Anne Paraskevaides, Group Fitness Instructor.
   B. Following completion of the classes, Ed Connelly, Adrianna Blizzard, and Misty Stewart conducted a tour of the Fitness Center.
      a. The tour focused on educating Committee Members regarding newly introduced equipment and related training opportunities, including the Technogym Kinesis system and the Keiser Functional Trainer.
      b. Staff provided explanations regarding the functionality, application and intended training benefits associated with each piece of equipment.

4. **Tour of the Spa:**

   A. Stephen Gerber, Vanessa Delarrue, and Misty Stewart guided the Committee through a comprehensive tour of the Spa facilities and provided an overview of the Spa's amenities, services, and programming.

5. **Discussion and Member Engagement:**

A. Committee Members remained actively engaged throughout the meeting, asking questions and actively participating in discussions during both the Fitness Center and Spa portions of the program.
B. Lifestyle & Wellness staff provided additional information and insight regarding the Club's wellness programming and facilities.

6. **Closing remarks by Alan Lustrin:**

A. The Chair once again thanked Misty, Ed, Adrianna, Stephen, Vanessa, Gina, and Carol Anne for their time, energy, dedication, and guidance throughout the meeting.

The meeting was adjourned at 4:35 P.M.

The next Lifestyle and Wellness Committee meeting is June 8, 2026 at 3:00 P.M. in the Board Room.