

Faribault County Fitness Center Board
Minutes
Tuesday Jan 11th, 2022 @ 10:30 AM.
At
Faribault County Fitness Center

Call to order:

David Lein called the meeting to order at 10:32 AM.

Roll Call

Members present: Brent Haase, Chris Ankeny, David Lein, Norm Hall, Staff members, Mary Kennedy, Michelle Hall, and Councilman, Russ Erichsrud.

Old Business:

- a) Minutes from 10-14-2021 were reviewed. Motion to approve the minutes was made by, Fering, second by Ankeny, all Approved.
- b) Hall reported that as the city is updating all the Cities HVAC, and lighting. The Tennis court lights are done and still waiting for the RB room to be done. Light replacements have been sitting in the Fitness Center Hallway for over 6 months. Kennedy suggested Hall talk to Tim Stoner to see if we can look at getting someone else to finish the light project. Heating and cool is to be done before early April 2022.
- c) 2021 Capital equipment. New weights/rack have all arrived and are in place.

New Business:

- a) Fering had a request from a member to add a lower basketball rim for the young kids. After reviewing the idea, the board decided that it would not be a good idea. The kids would hang on it and break it in no time.
- b) A golf Simulator is in the Capital Expense for 2023. Hall asked if one on the board could help her with exploring the options that might fit our needs. Chris Ankeny offered to help with the Golf Simulator project.
- a) Hall reported that people are letting non-members into the Fitness Center, and there has been some vandalism, and after hour usage. Some ideas to help with this were: Review and up-date the Fitness Center Policies, Log the incidents and review more video, get more video cameras, ask other clubs how they handle vandalism, maybe hire a part time person, look into getting an app for a phone, to watch camera video, and posting do not enter Policy violators. Hall will look into all the options.
Mary Kennedy Reported back to me: (I talked with the City Attorney this morning and he noted that your option for those folks who are entering the gym after they have been banned would be to provide a no trespassing notice to them via the mail and if they are caught trespassing we would be able to take matters further as it would be a criminal offense.)

- c) Layne McCleary has asked to resign as a board member. Hall ask Jonah Pirsig if he would be interested in becoming a Fitness Center Board Member, He agreed. Motion to was made by Ankeny, second by N. Hall that Pirsig would fill McCleary term. All Approved.
- d) Motion was made by N Hall, that Lein remain as Board Chair, and Haase as Vice Chair. Second by Fering. All approved. Motion forwarded to City Council.

Building:

- b) Hall will look into the cost of adding more cameras. One for aerobic room, outside the entry door, one more for the weight room and upstairs and Tennis Court.
- c) Hall report that one of the light motion sensors upstairs will need to be re-adjusted.
- d) Fering asked if the TV's sound could be Bluetooth? Hall will check with Rob Tvedten. Hall will also see if we can get a bigger TV monitor to watch camera video in her office.

Programming:

- a) **Marketing and Membership:** Hall reported that she is putting together a 2022 Calendar promotion. We are looking for help to capture images of the Faribault Fitness Center actives to make a 2022 calendar. The Faribault County Fitness Center invites you to enter the 2022 Calendar Photography Contest ("Contest"). Winning images have the opportunity to be published in the 2022 Fitness Center calendar.

Please read the following rules carefully!

WHO: The competition is open to all Fitness Center Members, Your entry to the contest constitutes your agreement to allow your photographs – and your name, for the 2022 Calendar photo contest. The Faribault County Fitness Center shall have the right to verify, in its sole judgment, winner eligibility.

WHAT: We are looking for striking images of Members activities/workouts at the Fitness Center.

WHEN: Photos may be submitted beginning Now- Nov 10th, 2021. **Electronic entries are strongly encouraged to fitness@bevcomm.net**

We will be offering Monthly fitness challenges and what to create a fun and inspirational Calendar for 2022 to go along with each monthly challenge. Thank You in advance.

Also adding monthly workout incentives:

Member Sign up to Win Prizes by doing Motivational Fitness

Monthly Challenges

WEIGHT LOSS

CHALLENGE

JAN Biggest Loser Challenge.

Step on your scale 1st day of the new year. Photo snap your weight. Then do the same thing the last day of Jan. The top 10 biggest loser will win the monthly prize



Feb Running/ Walking Challenge

Run or walk 50 mile this month and win the monthly Prize.

10%

- Mar Improve your Personal Best by 10%
Pick one Cardio (Walking running rowing biking),
One Strength (Deadlift, bench press, squat.)
and one body resistant exercise (Push-ups, Pull-ups, Crunches.) we will test you on the 1st of the month and again at the end of the month. If you improve 10% you will win the monthly prize.



- Apr Cycling Challenge
Bike 100 miles and win the monthly prize

- b) Hall report that we have added personal Trainer.

**WELCOME NEW
PERSONAL TRAINER
Kris Grev**

•She has worked as an Occupational
Therapy Assistant for 27 years.

•She is a certified personal
trainer with NASM.



- c) Blue Earth Foundation: Hall reported that the Fitness Center received and grant of \$2,897.40 from the Blue Earth Foundation for the final up-dating of the weights. The Blue Earth Foundation Also Gave 3 student scholarships for 3 months, (Oct Nov & Dec 2021).

Other Business: 2022 meeting dates have been set for, Jan. 11th, Apr. 12th, July 12th, and Oct. 11th. @ 10:00 a.m. at the Fitness Center.

Adjourn:

Meeting was adjourned at 11:30 p.m.

Submitted by:

Michelle Hall- Director.