



MINUTES OF FITNESS AND GYM AGM HELD THURSDAY 21 MAY 2015

Apologies Paul Speller

Attendees Kevin Brazier - Karen Turmel – Vienna Harrington - Rachel Webb - Sylvia Khan – Denise Calver - Dave Chaplin – Andy Yorke – Wendy Palmer

Vienna gave an overview of her role and visions for the Gym:

A new member of staff – Jason, has been employed on a part-time basis to increase manned hours in the gym. This has led to an improved and more efficient day to day running of the gym.

Inductions have increased and free programme reviews are being offered.

Vienna's vision moving forward is to provide members with modern/better quality equipment, including a good choice of kettle bells, weights and a leg press.

Vienna is in the process of formulating a plan to introduce health checks and informative sessions in the evenings in the form of a ½ hour meeting every 2 months. These meetings would be free and would provide members with nutritional advice as well as advice on how to maximise workouts.

Gym usage for April 2015 was 1,675, compared to 1,332 in April 2014.

April sign ups were:

30 showing primary interest in the gym, 21 new members & 9 rejoining.

11 showing secondary interest in the gym, 10 new members & 1 rejoining.

Karen confirmed the studio was being used for over 40 classes a week with other bookings from 1 regular corporate client – Towergates, Ipswich School, NHS & Live Well Suffolk.

She has been able to incorporate 2 of the Gym Staff, Vienna and Leanne into the studio class programme.

Recent purchases of Spin Bikes, Hand Weights, Bands and stability balls have improved members experience when attending classes.

Moving forward Karen would like to see more variety in the evening classes and would like to introduce after school team classes for school children.

Andy confirmed Phil had left and it was noted that the service he provided over the years whilst at ISC was greatly appreciated.

Election of Officers

Chairman Elected - Kev Brazier – 1st proposer =Wendy, 2nd proposer Karen

Secretary Elected – Rachel Webb – 1st proposer = Sylvia, 2nd proposer Denise

All other officers were elected, proposed and seconded on mass.

Kev discussed proposals for expanding the gym/studio and providing a pool and Andy confirmed the proposals will be put forward to the council at the AGM.

AOB- Denise thanked both Karen and Leanne for their continued support and encouragement since becoming a member.

Next meeting: Thursday 2 July 2015 7pm

Karen confirmed the new spin bikes had been agreed and ordered.

1. It was agreed that in the long term it would be beneficial for the committee to have a treasurer and KB would speak to Andy Isles regarding the vacancy.
2. Vienna advised the Lateral Pull Down machine was constantly needing attention and would discuss with AY replacing the Leg Press Machine.
3. Figures for gym and studio attendance as follows:

Current Studio Members total - 132

New Studio Members 1st Feb to 9th March - 16

Studio class usage figures ran at 52% occupancy in Feb 2015, slightly up on January 2015 and non-member income saw a £300.00 rise over January 2015.

New Gym members from 1st February - 9th March with a Primary or secondary interest in the gym is 22.

13 had a primary interest in the gym, 9 had a secondary interest in the gym.

No of inductions in February alone - 12.

This compares to 7 in February 2014 and 6 in February 2013.

Gym usage in February 2015 is 1497, this compares to 1300 in February 2014.

4. Vienna advised the vacancy in the Gym was going to be advertised externally.
5. Date of next meeting agreed Thursday 23 April 2015 at 6.30pm