

Fitness Committee Annual General Meeting

Date: 29 May 2012 Time: 19.00

MINUTES

Committee Present: Vanessa Penn (Chair), Valerie Packer (Deputy Chair), Paul Harrop, Ivan Clennell, Phil Green, Dave Chaplin, Andy Yorke, Sylvia Khan, Leigh Cunningham & Simon Jackson.

- 1. Apologies:** Paul Speller & Kevin Brazier.
- 2. Minutes of the last AGM:** Adopted as read.
- 3. Chairman's Report**

Vanessa (VP) commenced her presentation by welcoming all those present and detailing the various action points for discussion.

The new CV equipment is all operational and performing well, there is however still an issue regarding the suitability and availability of music channels and this is currently under review.

Following the recent departure of Ollie Goddard we have appointed Phil Green as acting Gym Manager on a trial basis with a review at the end of August 2012. Phil's immediate objectives are member recruitment and retention and the continued business development of the Strength and Conditioning programme currently running on Squash Court 6. Phil presented a short summary of his proposals to improve the operation and management of the Gym for the benefit of those in attendance.

Management of the Studio also changed hands in August 2011 with Ivan Clennell joining us from Gym and Trim. Ivan has been instrumental in a significant number of positive changes to the studio programme and the range of classes on offer. Membership and class attendances are increasing and Ivan is now focussing his attention on the provision of a new permanent Spin Studio. The intention is to incorporate a number of non-member spaces into each Spin class to ensure overall cost efficiency.

Membership (Gym & Studio) peaked at 400 during the year, however allowing for the recent fall in membership of the fitness section it is absolutely essential that we continue to develop and support new fitness initiatives that will deliver continued growth for ISC in the future. The recent introduction of Crossfit to ISC is the latest initiative and to ensure a general understanding of this new and exciting fitness concept, Mike Watts, kindly provided a concise insight for those present. The general concept of Crossfit is to bring a group aspect and constant variation to gym based fitness that can be readily adapted for all ages. Aimed at developing personal achievement objectives it is also a good ethos for team driven sport. Crossfit is a rapidly developing fitness initiative and ISC is currently the only facility in East Suffolk. It is therefore essential that we encourage and support this unique fitness initiative.

VP confirmed that the fitness section has become a very important element of Ipswich Sports Club and remains the largest growth area for club membership. The principle aims and objectives being to progress the recruitment activities through a broad range of fitness initiatives.

4. Treasurer's Report

In order to ensure greater transparency and awareness of the financial aspects of the Fitness Section for the committee members, it was agreed that we should introduce a quarterly budget review. The basis of the review is a comparison between the actual costs incurred, the budget and the costs for the same period during the previous financial year. For the first quarter of 2012 the review confirms that the net operating costs are generally in line with budget.

The Treasurer presented a brief summary covering only those cost centres where there is a noticeable variance between actual cost, budget and last year.

Positive action has been introduced to address the on-going problems associated with 'no shows' and 'late cancellations' in the Studio to ensure maximum utilisation of this increasingly popular facility. It is clear however that if we are to realise the full potential benefits from Studio activities then we must consider options to expand the Studio capacity in the short to medium term future.

It is also essential that we continue to provide both a positive and rewarding service for the members and promote all aspects of the club positively and professionally to ensure future membership retention and to improve our prospects for new members.

5. Election of Officers

The appointments of Valerie Packer as Chairman and Tony Cookson as Deputy Chairman of the Fitness Committee were approved.

Paul Harrop agreed to continue as Secretary/Treasurer.

Sharon O'Donnell and Suzanne Collis were approved as new committee members.

6. Any Other Business

Tony Cookson endorsed the benefits of communication and appealed to those present to speak to members of the committee if they have any issues or suggestions for improvement.

Valerie Packer advised that a recruitment initiative is planned for Sunday 01 July 2012 at the 'Music in the Park' festival in Christchurch Park and there is a further club 'Open Day' planned for September.

The fitness section should seek to develop the membership and present a business case for a purpose built studio/gym as part of its 3 year plan initiatives.

Date of Next Fitness Committee Meeting

Tuesday 19 June 2012 @ 19.00hrs

Meeting Closed