

Health Club Committee Meeting Minutes – 14th April 2025

Attendance:

Nick Bunn, Jasmine Amaria, Colin Hector, Marc Newey, Simon Baker, Stuart Reeks, Ricky Alexis, Lucy Carter

Apologies: Janine Railton, Victoria Stephens, Fiona Sargeant, Will Haston

Points discussed:

Misc

- Ana Leal has left the club to take up the position as Leisure Operations Manager at The Lensbury Club. Sue Wilson has taken on the role as the Swim Co-ordinator and started 11th March 2025.
- We have recently recruited 2 full time lifeguards (Ellie Escudier and Jamie Eskdale).
- Jason Warrior has received two offers to enrol on their medical program. Swansea and London. Jason is expected to leave Roehampton Club mid-August.
- Boryana has joined the gym team to cover the gym floor on Saturdays and deliver GEX classes.
- Ryan Barlow has returned from his sabbatical. Ryan was away from 1.2.2025-6.4.2025
- The replacement heat exchange plates have been installed to ensure the outdoor pool water temperature stays consistent with the set point of 28.5 degrees.
- Sauna refurbishment was completed after some delays which were out of our control. The final invoice was amended due to the delay in reopening.
- The current phone policy was discussed with the Health Club committee confirming they wish the policy to remain and to be enforced.
 - **Stuart to ensure seating is provided outside the front of the Health Club to allow members to make/receive a call.**

Gym and Studios

- Ricky is exploring the possibility of staffing the outdoor gym Saturday 8:00-10:00 and 12noon-14:00 and Sunday 10:00-13:00. This will ease the demands on the current gym especially at the weekend.
- The outdoor gym has been very well received by the class users and now we want the gym users to have the benefit of training outside during the nicer weather, this will be for both juniors and adults. The committee agreed that the sessions need to be supervised and bookable.
 - **Ricky to investigate the possibility of staffing it during the week potentially Monday, Wednesday and Thursday evenings.**
- Additional classes to be added to the timetable to compliment our current offering and keep up with current trends and member demands. Looking at becoming affiliated with Hyrox as this is currently very popular and an alternative team event to tough Mudder.
- Personal training is continuing to grow, and the team are very well skilled and knowledgeable in this area.
- Lucy Carter mentioned that the group exercise instructors have reported that members entering a class after it has started has drastically reduced. Signs are now displayed outside of the studio once the class has started. This is to ensure no late arrivals as this has a negative impact on the class and the members experience.
- Jasmine raised that Boryana is an excellent instructor however, her class is not HIIT its more strength based.
 - **Lucy Carter to investigate and change the class name**
- Ricky Alexis discussed the positive impact that strength training has especially as we get older. Ricky will also review the current 'lifting class' and produce a shorter version (3 weeks instead of 6 weeks) to focus on correct use of dumbbells, falls preventions & Q and A sessions.
 - **Ricky Alexis to review and confirm class content before advertising this to the members.**

- The gym project was discussed in great length which included replacing the current spin bikes as they are no longer suitable and constantly breaking. Feedback is to keep the spin studio as a dedicated Spin studio rather than converting it into a multi-class studio with 15 bikes available for members to book.

The current free weights area to be extended with new matting. With the relocation of the door into Studio 1 and the removal of the sink, this will allow for more space in an already very crowded area of the gym. Weight training is becoming very popular as the health benefits become more well known.

Increase the current functional area of the gym by relocating the gym desk, grouping together the pin loaded machines to where the current gym desk is and removing underutilised Cardiovascular machines. New matting would be laid with the floor space increasing.

Stuart presented the options regarding adding a cold-water plunge. This would be situated in the indoor pool area next to the lifeguard chair. ChryoSpa was the preferred supplier.

Stuart to implement strict usage controls and all users to have completed a health questionnaire if one is installed.

- Following feedback from the members the Health Club committee have agreed to change the time that Group exercise classes can be booked from. This will now be 06:45 instead of 06:00 and effective from 2nd May 2025.

Swimming Pool

- After the trial of removing the adult only weekday session during the February half term the Health Club committee have reviewed the feedback and decided that the adult only session will remain for future school holidays. The exception being Christmas.
- The swimming pool temperatures were discussed following a variety of comments from members. The Health Club committee have decided to remain with the current temperatures however; this will be monitored throughout the year.
- The swimming school continues to be a popular activity amongst our junior members with over 320 juniors enrolled. Sue Wilson will continue to monitor the timetable and grow the availability for the September term.

Development

- Padel hub
 - On-going discussion around the best location of the courts to overcome planning restrictions.
 - Pickleball is also on the list for development too, but this is not an immediate priority, although the club does recognise the demand is growing.
- Court development, we are looking at how to make better utilization of courts 25-28.
 - Likely to use court 25 to grow health club sunbathing area by 12-15m.
 - Considering a play area for juniors.

NEXT MEETING DATE: 23/06/2025 7PM