

Health Club Committee Meeting

27th April 2026



Health Club Operations Update

A new staff member, Susanna, joined the gym team on 5th January and has been delivering both Personal training and group exercise classes. She is also a qualified menopause specialist and is settling into the gym team well.

Lifeguard recruitment for the summer season is ongoing, with multiple trial shifts having already been completed. The focus remains on building team capacity to support increased summer operating hours.

Pool operations continue to run smoothly, with no contaminations reported since the last meeting. The summer timetable is now active, with outdoor pools operating from 6:00am to 7:00pm and extending to 8:00pm from 1st June. Weekend operating hours remain 7:00am to 7:00pm.

Equipment Issues and Maintenance

Both pool vacuums are currently out of service. The new vacuum, which remains under warranty, was returned after the motor burnt out in fewer than 60 hours of operation. The older vacuum has also failed and is expected to be returned by the end of the week. In the meantime, both pools are being cleaned manually.

The cold plunge continues to be popular, with between 350 and 400 member inductions completed. The water temperature was reduced to 8°C in February. Members have requested a second unit operating at a lower temperature of 4–5°C, although current space limitations are restricting expansion opportunities.

Facility Improvements

The refurbishment of the ladies' changing room showers has been completed. The project experienced an extended closure period due to the discovery of water ingress, and contractor measurement errors required additional rework. Larger shower heads were installed as part of the refurbishment, although feedback from members has been mixed regarding their size. Shower caps have been provided as a solution.

Membership and Usage Statistics

Unique monthly users have consistently remained above 3,000, representing a 7.5% year-to-date increase compared with 2025.

Personal training sessions have increased significantly. Between January and March 2026, more than 1,500 sessions were delivered, compared with 1,380 sessions during the same period in 2025 and 1,300 sessions in 2024. February was notably the first year in which activity levels did not decline following January, and March exceeded 500 sessions for the first time.

Group exercise classes continue to receive excellent feedback from members. There have been ongoing requests for additional holistic classes, including Pilates and yoga, as well as growing interest in an infrared sauna offering.

The current class booking release time of 6:45am remains in place. Approximately six complaints have been received requesting alternative booking times, although operational conflicts with other sports and wider scheduling constraints continue to make changes difficult.

Hyrox Programme Development

The club successfully participated in the Hyrox London Olympia event on 27th March, with three relay teams taking part, including one men's team and two women's teams. Members enjoyed the experience and there is strong interest in future participation.

The next Hyrox event will be in London for December, and a simulation session is being organised in May for interested members. We will explore the opportunity of a potential partnership with Rosslyn Park to provide additional space and improved running facilities to enable us to host a Hyrox simulator of our own. Any arrangement would require a commercial agreement.

The introduction of junior Hyrox programmes is also being considered. Annual affiliation costs are estimated at £1,000.

Swimming Programmes and Events

The internal gala was highly successful, with 60 children participating across all ability levels, ranging from ducklings to advanced swimmers. Recorded times will be used for upcoming competitive events. Several competitive galas are scheduled in the coming weeks, including galas against Hurlingham Club and RAC Epsom in three weeks' time. A four-club adult evening gala, followed by dinner, is also planned for 17th June.

The Easter crash courses performed strongly, with 22 courses. Afternoon scheduling has proved effective in avoiding conflicts with aqua classes.

A new swimwear retail initiative is also underway. A supplier visit from Zoggs is scheduled for Wednesday in response to frequent customer requests, and a free merchandising unit will be provided.

We are currently progressing through the planning application process to expand our Padel court provision by adding additional courts. As part of these plans, there is potential for the existing outdoor sunbathing area to be extended and incorporating some space from court 25 for sports activities for the whole family.

The Health Club Committee was asked to consider and discuss potential uses for this area and to provide recommendations. Any proposed plans will be subject to final review and approval by the Board.

Cardiovascular Equipment Procurement

The current Technogym lease is due to expire at the end of the year. Concerns were raised regarding Technogym's service quality, including slow response times, delays caused by sourcing parts from Italy, and difficulties with account management.

Four potential suppliers have been identified for further evaluation, including Life Fitness, Matrix, Free Motion, and True. Site visits are being planned with the working group to assess each provider's facilities and equipment.

The Egym integration system is also being considered to allow compatibility across multiple vendors. Separate procurement considerations may be required for resistance equipment and cardiovascular equipment.

Action Items

- A trial of the SECA body composition scale will take place over the course of one week.
- Cardiovascular equipment site visits will also proceed with the working group, alongside an assessment of Hyperice recovery equipment.

The Next meeting is scheduled for 7th September 2026