

# University Park Recreation District

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<http://universityparkrd.com/>

The Workshop meeting of the **Board of Supervisors of University Park Recreation District** will be held on **Tuesday, June 27, 2023, at 2:00 PM** at the Community Center located at 8301 The Park Boulevard, University Park, FL 34201 and or virtually.

**Meeting ID:** 845 8893 8513

**Passcode:** 755354

**Join meeting via Zoom:**

<https://us02web.zoom.us/j/84588938513?pwd=eUE4Q3BTNGV LN XBsOGViRXk1cWo2QT09>

## **BOARD OF SUPERVISORS' WORKSHOP MEETING AGENDA**

### **Organizational Matters**

- Call to Order
- Roll Call
- Pledge of Allegiance
- Public Comment Period *[for any members of the public desiring to speak on any proposition before the Board]*

### **Discussion**

1. Presentation Regarding Fitness / Wellness Space Needs
2. Presentation on Survey Results
3. Update on Timeline for Phase 2 Projects and Improvements
4. Update on Charter and DRI Zoning Amendments

Date	Meeting Type	Time	Location	Note
July 14, 2023	BOS Meeting	1:00 PM	University Park	Community Center
August 1, 2023	Workshop Meeting	2:00 PM-4:00 PM	University Park	Community Center

### **Adjournment**







# Fitness and Wellness

FITNESS &  
CENTRE



# UP Fitness/Wellness—Overview—May 2023

- UPCC members' review of space: the objective is to provide the Board with data driven information to support space needs, both today and in the future.
- What have we done so far?
  - Talked to many residents and members about how they currently use club facilities, how their individual needs are not met and how their needs are expected to change in the future.
  - Reviewed available scheduling and usage data from UPCC management.
  - Asked current and future users to provide input on needs that are not met and how needs are expected to change in the future.
  - Summarized the data to better understand what space is needed as Board discussions continue.

# Who Can Use the Fitness Center?

- Today fitness is available only to those who have paid for fitness, golf, and rackets – 950 potential users today.
- If we provide fitness as a benefit for all members, including approximately 1,300 social – 2300 potential users in the future.

		Potential User Population	
User Base		950	2300
20% per month		190	460
35% per day		67	161
10% per hour		7	16

Source: Heartline Expertise -- 5 Basic Rules of Thumb For Sizing Fitness Centers and Clubs

# Why Are These Stats Realistic?

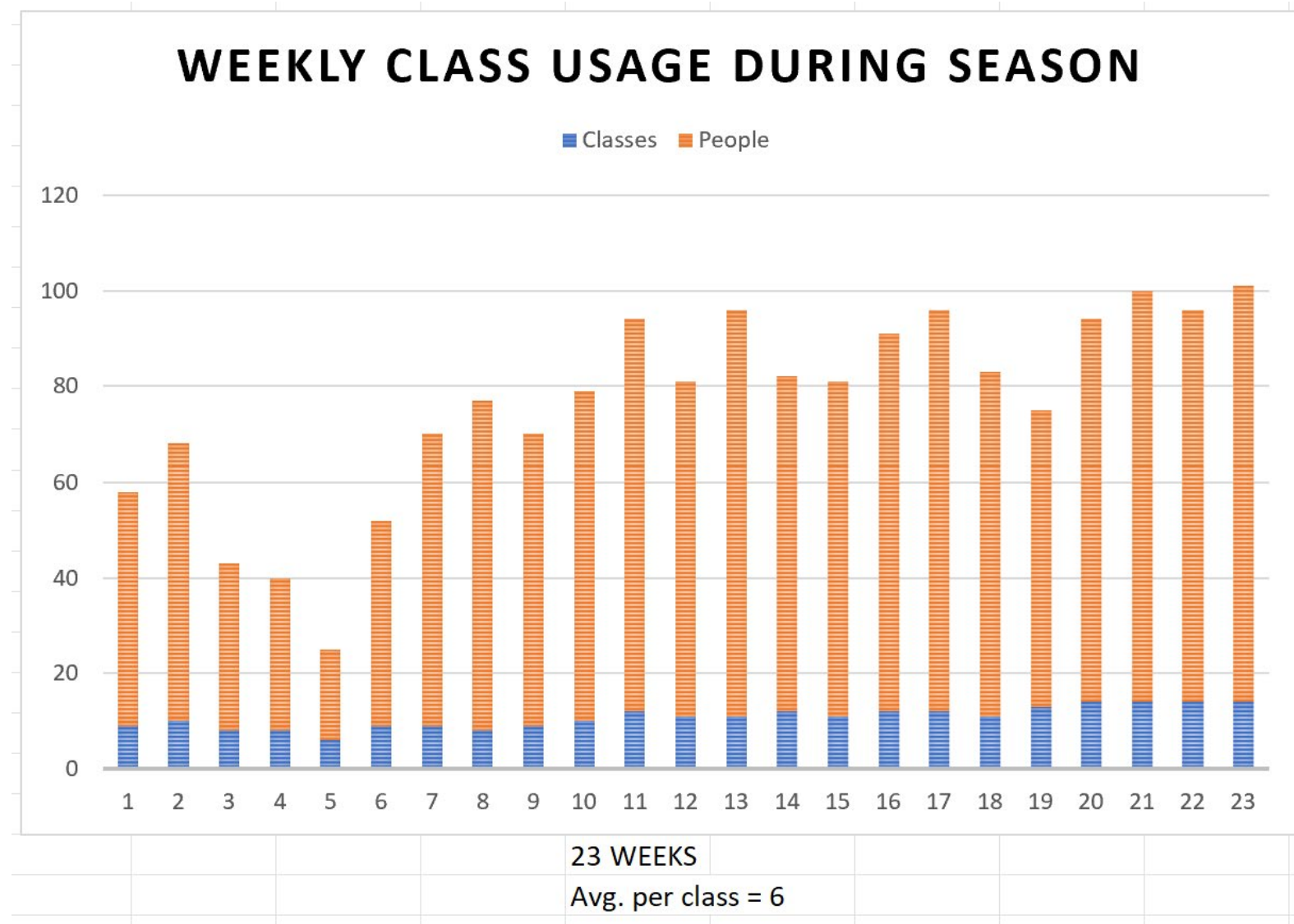
- The industry formula for calculating our user population conforms to our daily and hourly counts today. Offering fitness to social members will double our potential user population.
- The size of our 8-person group fitness room limits us to only one or two offerings of a class per week. Doubling the number of rooms and the size of the rooms will enable us to offer two or three classes per week in an adjacent wing.
- Offering a fuller schedule of programs will bring people back from our competitors.
- Working out with friends is more fun than with strangers.
- Member satisfaction will climb.

**Today:**

Classes range from 6-18 a week.

People range from 19 to 87 a week.

Avg. no. per class is 6; maximum is 8.



## Hypothetical Schedule for 2 Rooms:

- Colored Cells are classes going on now in one room for 8 people.
- Titled white cells are projected new classes.
- Plain white cells are for other new classes.

Hypothetical Schedule Based on March 2023 - Room 1					
HOUR	Monday	Tuesday	Wednesday	Thursday	Friday
7	Power Hour	Gentle Yoga		Gentle Yoga	Bodyweight Bootcamp
8	Core & More		Core & More		Core & More
9	Strength & Stretch	Weight Training		Weight Training	Strength & Stretch
10	TRX	Tai Chi Intro	TRX	Tai-Chi intro	Bars, Bands, & Balls
11	Mat Pilates	Tai Chi Adv	Mat Pilates	Tai Chi Adv.	Mat Pilates
12					TRX
1					
2	Jazzercise		Jazzercise		Jazzercise
3	Step Aerobics		Step Aerobics		Step Aerobics
4					
5					
Hypothetical Schedule Based on March 2023 Room 2					
HOUR	Monday	Tuesday	Wednesday	Thursday	Friday
7					
8	Barre Fusion	Bodyweight Bootcamp	Barre Fusion		Barre Fusion
9	Balance & Stretch	Zumba	Balance & Stretch	Zumba	Balance & Stretch
10	Gentle Aerobics		Strength & Stretch	Gentle Aerobics	Chair yoga
11	Chair yoga	Bars, Bands, & Balls	Chair yoga		Tai-Chi intro
12	Gentle Yoga				Tai Chi Adv.
1	Silver Sneakers		Silver Sneakers		Silver Sneakers
2					
3					
4			Ladies Golf Cond Clinic		
5					

# People Aged 65 and Over Need to Exercise to:

- Reduce the risk of developing or managing chronic diseases like arthritis and cardiovascular problems.
- Improve memory and brain function.
- Reduce the risk of falls by improving balance, strength and coordination.
- Build stronger bones and improve physical function and independence.
- Recover from illness quickly.
- Improve sleep.
- Boost mood and reduce depression.
- Increase energy levels.
- Stay socially connected, have fun and meet new people.



# Functional Fitness Training is Key to Ageing Well

- Helps seniors deal with age-related chronic illness or injury.
- Helps seniors perform daily tasks.
- Improve balance.
- Enhance mobility.
- Boost strength.
- Promote cardiovascular endurance.
- Helps people remain independent.
- Requires variety of equipment.
- Can use group training to add to the pleasure of working out with friends.

# Trend Toward Group Training

- Creates a sense of community and loyalty among the members and the fitness center staff.
- Improves member health and wellness.
- Provides more opportunities for physical activity.
- Provides social interaction, helping improve happiness.
- Gives emotional support for working out.
- Makes workouts more fun, challenging, and effective.

# **New and Combined Group Fitness Wing**

A group fitness wing of two classes will:

- Provide easy, access for members.
- Ensure staff can quickly handle any emergencies.
- Allow staff to make quick transitions of the rooms for classes that need additional equipment set-up.
- Enable staff to navigate quickly between rooms.
- Must be flexible to meet the needs of up to 30 people in each of 2 classes concurrently.
- Enable us to store fitness equipment at the point of use.



# **New Space Will Provide More, and Safer, Workouts**

- Current Equipment room ratio is 24 workstations to 1,200 sq/ft.
- Renovated room will provide 1,500 sq/ft.
- There is no space for floor workouts or stretching; the renovation will provide 150 sq/ft for up to 10 mats.
- The renovation will provide up to 2 group fitness rooms of 15 – 30 people instead of 1 room that accommodates up to 8 people.
- Providing 2 fitness rooms will allow us to add up to 8 hours of classes a day, or 40 classes a week.
- The renovation will provide 600 sq/ft of space for evaluations and therapy. There is no space currently.

# Administrative Space Needs Upgrading

New renovation will provide over 900 sq/ft of Backroom Space for:

- Reception area,
- Offices for the director and staff,
- kitchenette,
- Bathrooms,
- Storage,
- Private room for personal evaluations for new members.

Storage for:

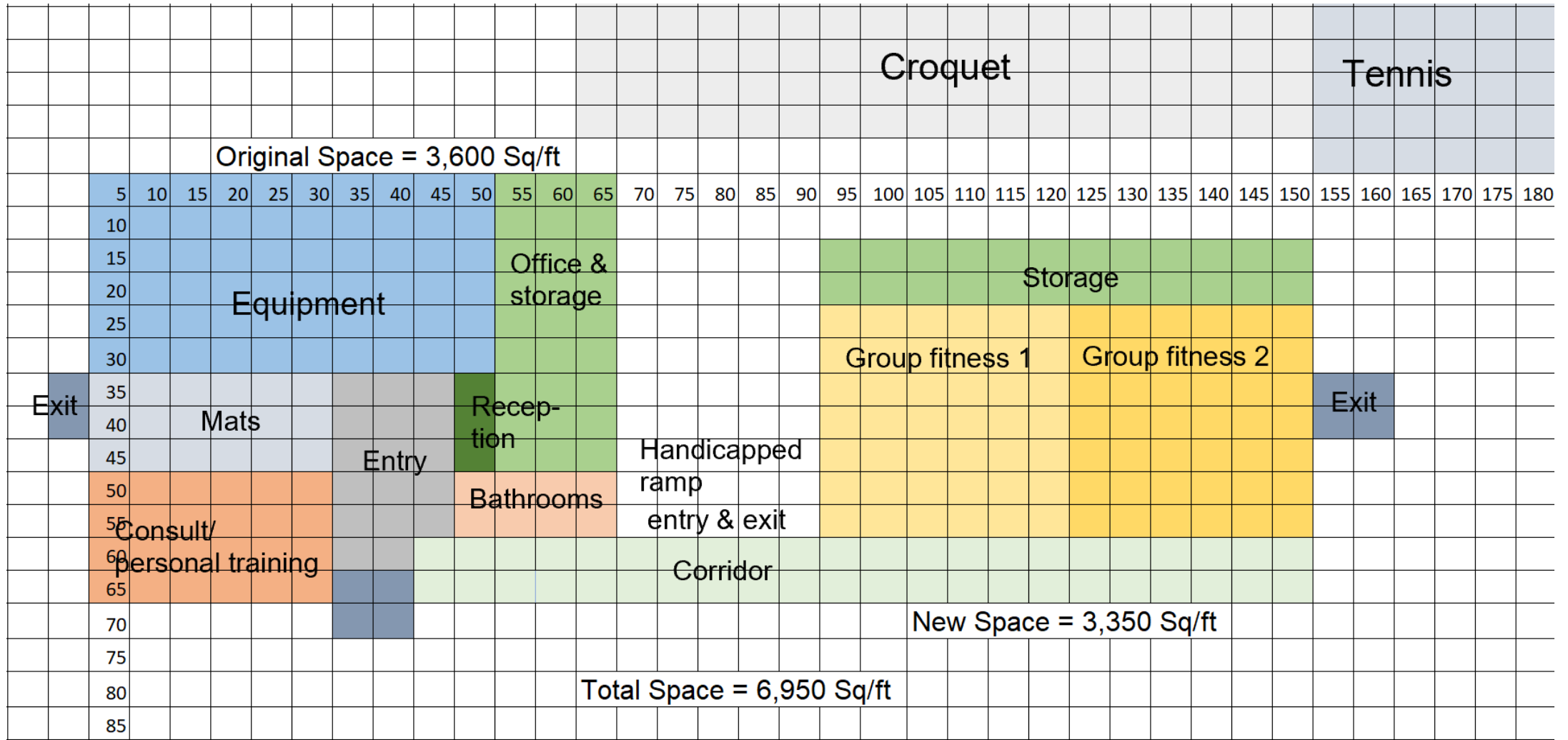
- Chairs for workouts,
- Mats,
- Balls, Ropes, hoops and bands for strength and balance training.

# Recommended Configuration

- By reconfiguring the current fitness center and adding a group fitness wing, the new fitness center will double in size.
- Space will increase from 3,600 sq/ft to 6,950 sq/ft.
  - Fitness equipment
  - Mats
  - Consulting and Therapy
  - Entry
  - Reception
  - Office, kitchenette, storage
  - Bathrooms
  - Corridor
  - Group Fitness 1
  - Group fitness 2
  - Storage of workout equipment



# Proforma Layout of Fitness Center



# Observations, Conclusions and Recommendations

- UPCC's current fitness center is both unsafe and inadequate to meet the needs of the current members or the future members.
- The current building can be renovated to provide space for all but group fitness programs.
- Fitness trends today are moving toward more group training as well as providing a wellness aspect to older traditional workouts.
- By repurposing the current 8-person fitness room for health activities and adding a wing for two large group training rooms, we can create a fitness center that meets the needs of our user population.
- We can increase member-satisfaction with targeted programs for working out with friends and meeting new people.





On June 13, 2023 we sent out via email, a Survey designed to gain insight into our member's utilization and perception of University Park Country Club (UPCC). This survey was sent out to the UPRD Opt-in email list as well as posted in the June 16, 2023 Club Weekly. Before the survey went out, as well as between the mailing on June 13 and the close on June 20, we sent out reminders via email and by notices in the Club Weekly.

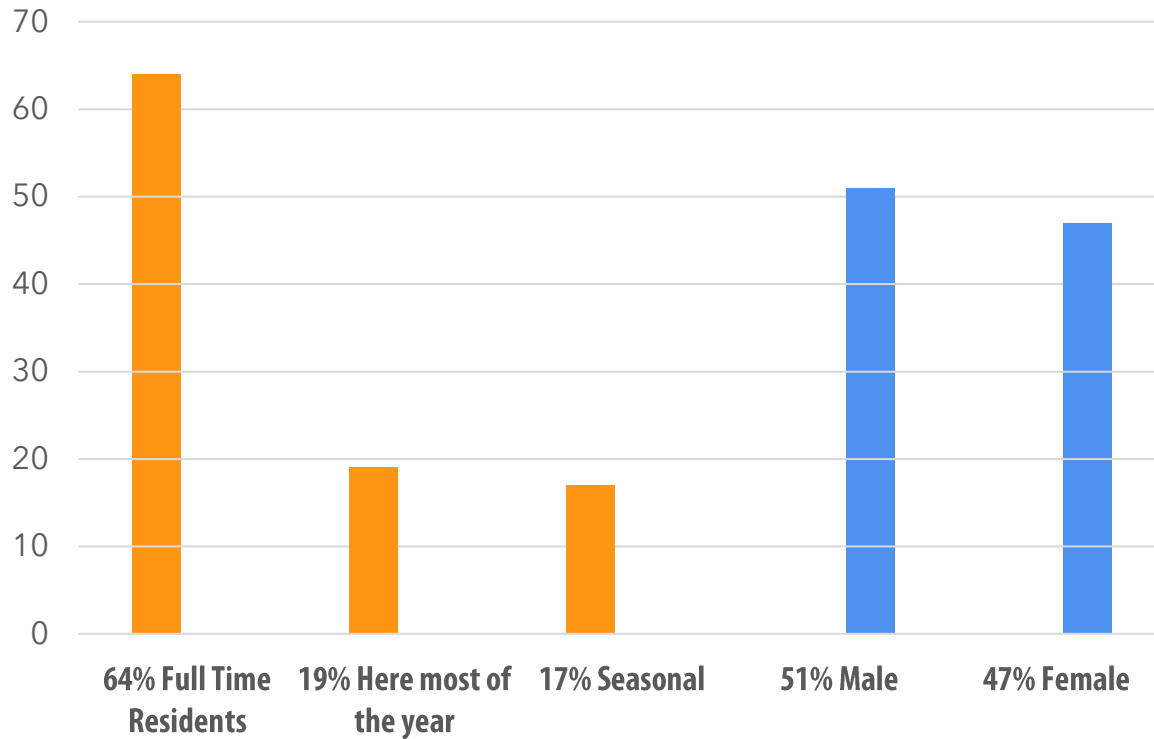




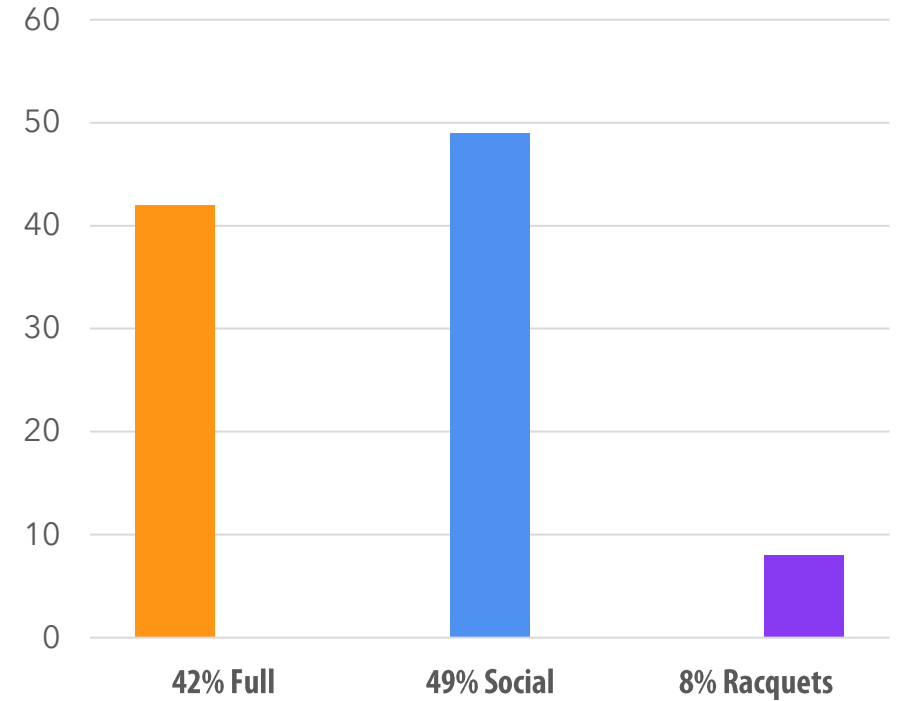
**701  
Responses  
Received!**

We also built our email list to  
1,001 subscribers from 926!

# Who were the respondents?



# What is their Membership Status?



# How long have they lived in UPCC and how does this compare to their membership type?

	TOTAL	FULL	RACQUETS	SOCIAL
Less than 3 years	12%	32%	2%	64%
3 - 9 years	38%	37%	8%	54%
10 - 19 years	28%	47%	8%	44%
20+ years	18%	45%	11%	41%

# How does age correlate to membership type among respondents?

	TOTAL	FULL	RACQUETS	SOCIAL
65 and under	11%	11%	7%	13%
Age 66 - 75	43%	50%	35%	39%
Age 76 - 85	41%	36%	51%	43%
Over 85	5%	4%	7%	6%



# Overall how would you describe the value you receive from your membership?

(Top two boxes – Excellent Value, Very Good Value)

TOTAL RESPONDENTS	FULL	RACQUETS	SOCIAL
48%	66%	50%	33%

# The Club provides a wide range of activities for me?

(Top two boxes – Strongly Agree, Agree)

TOTAL RESPONDENTS	FULL	RACQUETS	SOCIAL
72%	91%	81%	53%

The activities at the Club have expanded and improved over the past year.

(Top two boxes – Strongly Agree, Agree)

TOTAL RESPONDENTS	FULL	RACQUETS	SOCIAL
70%	83%	81%	59%

I am proud to tell people I am a member of UPCC?

(Top two boxes – Strongly Agree, Agree)

TOTAL RESPONDENTS	FULL	RACQUETS	SOCIAL
81%	90%	85%	73%

# Do you participate in the following activities or attend the following events?

	YES	NO
Special events such as Trivia and Bingo, etc.	76%	24%
Sponsored events out of the park/excursions	22%	78%
Organized Clubs and activities (i.e. Book Club, Scuba, etc.)	30%	70%



# How often do you participate in the following?

	USE 1X WEEK OR MORE
Golf	46%
Dining	41%
Fitness	20%
Pickleball	13%
Tennis	12%
Croquet	3%
Meeting Rooms	N/A

# How would you rate the quality of each facility?

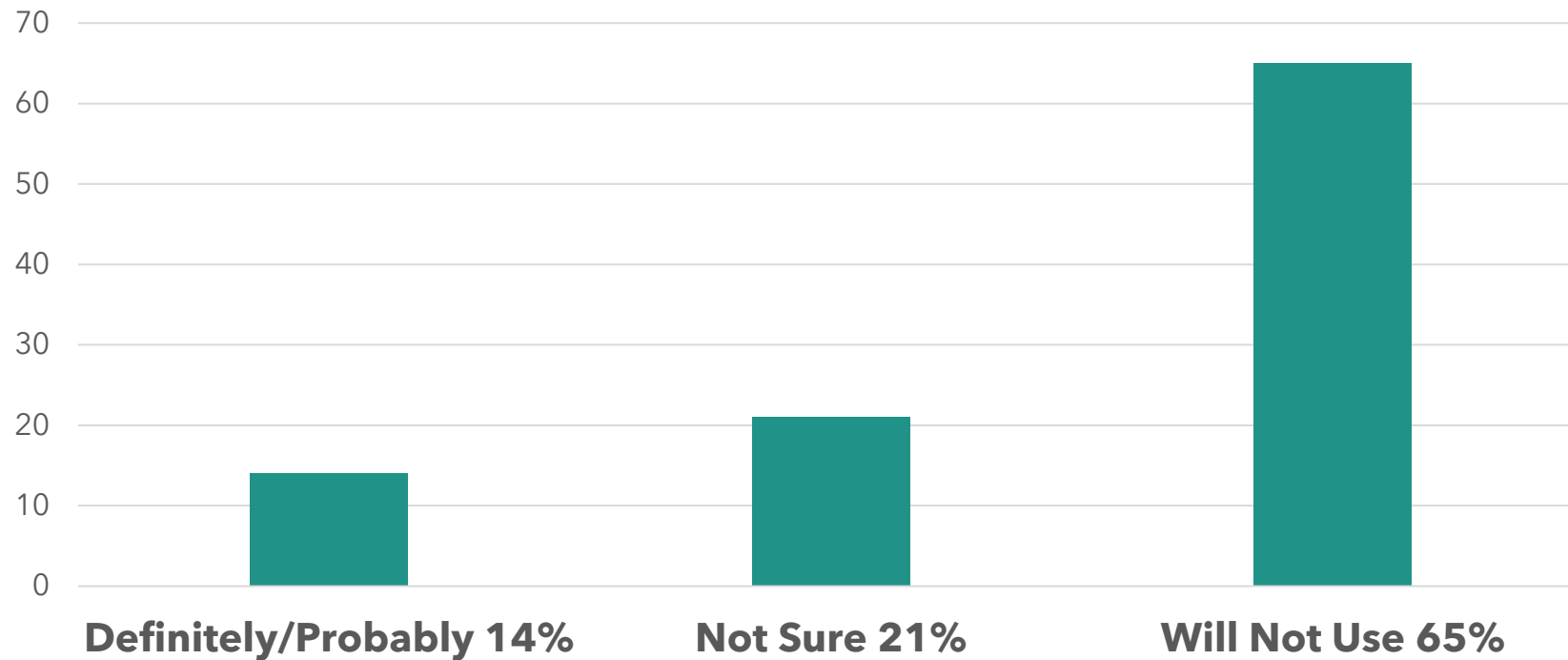
	QUALITY TOP TWO BOXES (Users Only)
Golf	90%
Pickleball	86%
Tennis	84%
Croquet	66%
Dining	54%
Meeting Rooms	28%
Fitness	15%



# Do you use a fitness facility or personal trainer outside of UPCC?

	TOTAL RESPONDENTS	FULL	RACQUETS	SOCIAL
Yes	39%	31%	30%	46%
No	61%	69%	70%	54%

# If you have not already done so, do you intend to use the Pickleball Courts in the next 6 months?



# How often do you use these information sources for news about UPCC?

	TOP TWO BOXES
Emails from UPCC	90%
The Club Weekly	86%
Emails from UPRD	80%
Fellow Members/Neighbors	67%
Neighborhood Meetings	52%
UPCC Website	41%
UPRD Website	28%
ZOOM/Attendance at UPRD Meetings	18%

