

## **MINUTES OF MEETING**

### **UNIVERSITY PARK RECREATION DISTRICT WORKSHOP MEETING**

**Tuesday, June 27, 2023**

**2:00 p.m.**

**Community Center**

**8301 The Park Boulevard, University Park, FL 34201**

Board Members present at roll call in person or via phone:

Sally Dickson	Chairperson
Mark Criden	Vice Chairperson
Steve Ludmerer	Treasurer
David Murphy	Assistant Secretary
Rusty Piersons	Assistant Secretary

Also, Present in person or via phone:

Vivian Carvalho	District Manager - PFM Group Consulting LLC	
Venessa Ripoll	District Manager - PFM Group Consulting LLC (via phone)	
Kwame Jackson	ADM - PFM Group Consulting LLC	(via phone)
Mark Barnebey	Blalock Walters - District Counsel	(via phone)
Curtis Nickerson	Director of Properties and Facilities - Country Club	
John Fetsick	General Manager - Country Club	
Various Audience Members		

## **FIRST ORDER OF BUSINESS**

### **Organizational Matters**

#### **Call to Order and Roll Call**

The meeting was called to order at 2:01 p.m. by Ms. Dickson and Ms. Carvalho confirmed quorum to proceed with the meeting. Those in attendance are outlined above.

#### **Public Comments**

There were no public comments at this time.

## **SECOND ORDER OF BUSINESS**

### **Discussion**

#### **Presentation Regarding Fitness / Wellness Space Needs**

Mr. Loundy, Ms. Fairchild, and Ms. Otterman reviewed their presentation of the Fitness and Wellness Center for the Board and residents. Mr. Loundy provided an overview of the Fitness and Wellness Center, stating that the objective is to provide the Board with data driven information to support space needs for today and into the future. So far, they have spoken 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. They've also reviewed the 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, and summarized the data to better understand what space is needed as Board discussion continues.

He mentioned that the fitness center is available to those who are full members or have paid for a fitness, golf, or racquets pass which totals about 950 potential users. If fitness is provided as a benefit for all members, including the 1,300 social members, that numbers is raised to 2,300 potential users. Industry standards indicate that around 20% of people use the fitness center. He mentioned that a group fitness room can only handle around 8 people, which is discouraging people from signing up and suggested doubling the number of rooms and the size of the rooms so that they can offer double the class sizes and double the number of classes a week. Offering a fuller schedule of programs will bring back people from competitors and add the convenience of working out on club property. Industry surveys show that working out with friends is more fun than with strangers and that group fitness classes tend to have a better retention rate than individual workouts. Classes range from 6 – 18 a week with people attending those classes ranging from 19 – 87 a week. He mentioned the importance of exercise for people 65 years or older. He emphasized the importance of Group Fitness classes. The current rooms only fit around 8 people when according to industry standards, they should have at least one room for up to 30 participants.

The current fitness center was built to serve as a café for the tennis and croquet members. The exercise equipment is well over a decade old and is spaced too close together to meet industry standards and safety. There are currently 24 pieces of fitness equipment in a 1,300 sq ft floor space. The machines should be at least 20 inches apart but are currently only 8 inches apart. The rows of equipment should be at least 6 feet apart but are currently only 16 – 30 inches apart. It's reasonable to allocate 30% - 35% of the space to functional and group exercise training, but more than 25% of the building is taken up by the lobby and reception area, the admin offices, and the bathrooms. There is also not a lot of space to stretch if you are not in one of the classrooms. The proposed renovation is for the new

equipment room to have 1,500 sq ft. The new renovation area will provide over 900 sq ft of backroom space which will include the reception area, offices for the director and staff, a kitchenette, bathrooms, storage, and a private room for personal evaluations for new members. There will also be storage for chairs for workouts, mats, balls, ropes, hoops, and bands for strength and balance training. The current configuration of the fitness center is at 3,600 sq ft but will need to be increased to 6,950 sq ft for the recommended configuration. This increased space would be able to contain fitness equipment, mats, consulting and therapy, entry, reception, offices, a kitchenette, bathrooms, a corridor, two fitness group rooms, and storage for fitness equipment. He had provided a proposed layout for the new fitness center. He concluded by saying they are trying to focus on the health and wellness of the members and believes now is the time to upgrade and enlarge the fitness center in order to provide the space and programs that the members require.

Ms. Dickson had a question about the new vs. old equipment and if the old equipment is leased. Some of the older equipment is leased and some have been purchased, but new equipment could be leased as well. There was also a question about the functions of the new equipment with the room utilization. Mr. Ludmerer suggested that the room could be utilized for massages. Mr. Criden stated that he believed an educational piece would be extremely important. Ms. Dickson suggested that there be a fitness day that would provide information about the various classes that are offered at the fitness center. Mr. Criden thanked the Group for their hard work on the presentation. Mr. Murphy had some comments about safety and his first-hand experience with the equipment in close proximity. There was a question concerning adding an AED defibrillator machine. Lengthy discussion ensued about the areas in which there should be additional AED defibrillator machines as well as the location for the existing machines.

### **THIRD ORDER OF BUSINESS**

### **Presentation on Survey Results**

Mr. Murphy provided an overview of the initial survey that had gone out to residents on June 19 with the purpose of gaining insight into the member's utilization and perception of the UPCC. They had received 701 responses from the "opt-in" email. 64% of the respondents are full time residents, 19% are here most of the year, and 17% are seasonal. 42% of respondents are full members, 49% are social members, and 8% are racquet members. He went over the rest of the data collected from the survey; some responses were more positive than others. He believes more focus needs to be on the fitness center as it received the lowest positive score in the survey. Most people have preferred to go to a fitness center outside of the country club. Ms. Dickson had a question about the UPCC membership and management operation. She emphasized the importance of communication with residents and having them opt-in to receive emails. Mr. Ludmerer suggesting doing an opt-in campaign.

Mr. Makosky wanted to congratulate both presentations and suggested that meditation be included in the new fitness center as well as rename the rooms to wellness and fitness. He also suggested adding an area where residents can sit down and eat and have a refreshment after a workout as well as including a lounge area. Ms. Shabe stated that improvements need to be made and had some questions concerning the usage and collection of data.

#### **FOURTH ORDER OF BUSINESS**

#### **Update on Timeline for Phase 2 Projects and Improvements**

Mr. Ludmerer provided an overview of the timetable. They would like to hold a meeting sometime in September or October so they can focus on the financing necessary to achieve the capital improvement plan.

#### **FIFTH ORDER OF BUSINESS**

#### **Update on Charter and DRI Zoning Amendments**

Mr. Barnebey mentioned that the County Commissioner will consider the changes made to the charter at their first meeting in August. The DRI zoning is still in the process of being worked through. He had also been in contact with the UPCA attorney concerning the CCR amendments. Mr. Cantarella had some comments on staff members certification of the AED defibrillator machines and recommended additional training of staff weekly along with communication to the residents where the AED defibrillator machines are located throughout the Country Club. Mr. Fetsick stated there are staff that are certified, and their certification is renew annually. He will explore more frequent training sessions for the staff members.

#### **SIXTH ORDER OF BUSINESS**

#### **Adjournment**

There were no additional items to come before the Board.

ON MOTION by Ms. Dickson, with all in favor, the June 27, 2023, Workshop Meeting of University Park Recreation District was adjourned at 3:36 p.m.



Secretary / Assistant Secretary



Chairperson / Vice Chairperson