

CPRA FITNESS TEAM MEETING

Wednesday, March 17, 2010

1:00-3:00pm

Brighton Recreation Center

555 North 11th Ave.

Brighton, CO 80601

Contact: Karen Okano 303-655-2228

AGENDA

- ACE Prep Courses- Cindy Phelps
 - Is this something that we would like to offer through CPRA?
 - Discuss pros and cons of offering these courses
 - Related question from Russ Van Marter
 - Have we considered offering continuing education courses through organizations like ACSM, NSCA, NASM, ect. to get a group discount?
- Brainstorming ideas for bringing in revenue for CPRA- Rowan Velasquez
 - Charging vendors a small fee (\$25-\$50) to present to the group during our meetings
 - Offering continuing education courses
 - Getting sponsorships for a special event, such as the equipment demo day
 - Other ideas?

Questions for the group

- Selectorized Machines- Content Von Roenn
 - What brands do you have in your facility?
 - Pros and cons
 - Maintenance experience
- TV/LCD Monitors in Cycling classes- Renee Rogers
 - Are you using them? If yes, what type?
- Kettlebell classes- Tehra Porterfield
 - Who is offering these classes?
 - What has been your experience?
 - Are the classes exclusively kettlebells or are other components included?
- Waivers, acknowledgment of risk, Par-Q, health histories- Summer Kennedy
 - Who requires what, are they electronic
 - How are they collected and stored, how many years are they kept for, legal depts. recommendations
 - We would like to eliminate some of our paperwork or have it be automatically done during registration or sale of pass.
 - Do daily users sign anything?