

## **CPRA FITNESS TEAM MEETING MINUTES**

**Wednesday, March 17, 2010**

**Brighton Recreation Center**

### **1. Welcome and Introductions**

The meeting was called to order by Cindy Phelps at 1:05pm with the following members present: Karen Okano (Brighton), Sara Smith (Aurora), Kristin Anderson (SSPR), Renee Rogers (Silverthorne), Peggy Jones (Louisville), Cindy Phelps (Westminster), Angela Shea (Golden), Karen Snortland (Lafayette), Susan Anderson (Wheat Ridge), Katie Lennon (Wheat Ridge), Crystal Romberger (Ball Dynamics), Robert Buck (Commerce City), Tehra Porterfield (Northglenn), Russel Van Marter (Arvada), Content Von Roenn (Boulder)

### **2. ACE Prep Courses**

- Is this something that we would like to offer through CPRA? Is there a need? Discussion concluded yes! We are very interested – and will proceed with presenting this idea to Stephanie Stevens
- Prep course costs = \$200 for 24-hour workshop and then receive a promo code for 25% off exam fee
- Content will contact ACSM to see if this is something we could also provide through ACSM

### **3. Future Revenue for CPRA Fitness Team**

- Group decided we charge \$50/vendor/30 minutes of time (15-20 minute presentation/demo with time left at the end for questions)
- Another idea was adding vendors such as Perform Better, Power Music etc to the APEX event and charging \$250/vendor
- As a team we need to bring in \$2250 in revenue

### **4. Selectorized Machines**

- Majority of group has Cybex Eagle, Hammer Strength and Magnum Fitness Systems
- Overall the group felt that the Cybex line does have some questionable pieces of equipment (abdominal and arm extension)
- Make sure you demo equipment before you purchase, what will work best with your facility and demographics (space/size etc)

### **5. TV/LCD Monitors**

- Westminster is offering virtual rides in their cycling classes – Several DVD's out there at a reasonable cost offering rides through the Grand Canyon, Hawaii and Italy. Majority of class participants enjoy the rides where they are following the cyclists in the DVD
- Ongoing issues with the Pilots but participants have been reminded that it is a tool to use at your own discretion.

### **6. Kettlebell Classes**

- Northglenn, Commerce City and Wheat Ridge offering classes. Popular! Registered class at CC and WR – Northglenn offering on drop-in schedule.
- Have integrated kettlebells into cardio kickboxing classes and some have available for use in their weight rooms
- Evening classes more popular

#### **7. Waivers/PAR-Q**

- Only the City of Boulder requires those who are dropping into the facility to sign a waiver – others have a disclaimer printed on the receipt or when they purchase their passes or punches they acknowledge that they are taking a risk by participating in fitness classes
- Specialized classes such as pilates/yoga – forms available online to print off and bring to 1<sup>st</sup> class
- City of Boulder has a goal to go green and virtual streamline all paperwork
- Entire group noted they do require all PT clients to sign waiver
- Paperwork stored for 3-7 years

#### **8. NEXT MEETING**

- Wednesday, May 19<sup>th</sup> – APEX – 13150 W 72<sup>nd</sup> Ave, Arvada 80005