

CPRA Fitness Team Meeting Minutes
November 18, 2009
City Park Fitness Center, Westminster

Attendance:

Ellen Martin, Kristin Anderson, Rowan Velasquez, Claudine Low, Cindy Phelps, Veronica Mueller, Summer Kennedy, Content Von Roenn, Kathleen Murphy, Renee Rogers, Karen Okano, Angela Shea, Terrell Goodson, Russ VanMarter. Erin Risus, Steph _____ and Linda _____. **Stephanie and Linda are not on the current 2009 Member List – if anyone has their info, please send to Claudine.

- Mike from Commercial Fitness spoke to team in regard to what they can do to assist CPRA and the fitness team. He mentioned that he was able to bring in speakers for different occasions for the team. He said there were many ideas for topics, such as ... (I did not get the flyer he passed out with various possible topics). He also is open to ideas for topics from the team. Team was excited about having free or low cost speakers at workshops and possibly an annual conference. He will keep in touch with the team and will check back as team gets through becoming a section.
- Info Sharing: Claudine Low asked if anyone had a policy of any kind for pregnant women working out in group fitness classes. All that responded did not, except Boulder (see attached). Other info sharing discussed later (see below).
- CPRA Section Update:
 - Claudine Low presented the Draft of the Bylaws (see attached) that was discussed at the previous team meeting. All agreed that they looked good with no changes.
 - Claudine also presented the Memo to the CPRA Board for the December 4, 2009 Board meeting to Petition for CPRA Section (see attached).
 - Claudine also presented and explained the 2010 proposed budget that has been sent to the CPRA Board for approval (see attached).
 - It was decided that nominations for officers should begin and nominations and seconds were made as follows:

Chair:

Rowan Velasquez-City of Englewood- Ellen nominated Terrell 2nd
Cindy Phelps-City of Westminster- Veronica nominated Summer 2nd

Past Chair:

Claudine Low-City of Louisville-Cindy nominated Ellen 2nd

Chair Elect:

Cindy Phelps-City of Westminster-Renee nominated Rowan 2nd
Karen Okano-City of Brighton-Self nominated Cindy 2nd

Secretary:

Kathleen Murphy- City of Boulder-Summer nominated Content 2nd
Kristin Anderson-South Suburban Parks and Recreation Ellen nominated Rowan
2nd (via email 11/19/09)

Treasurer:

Ellen Martin-South Suburban Parks and Recreation- Rowan nominated Kristin 2nd
Renee Rogers-Town of Silverthorne-Rowan nominated Stephanie 2nd
Kathleen Murphy- City of Boulder-Renee nominated Russell 2nd

Ellen Martin and Kristin Anderson volunteered to serve as the nominating committee. Claudine will email Ellen ballot and voting info. Ellen, Kristin and Claudine will determine a timeline and voting procedure prior to the January meeting.

- Sections goals for 2010
 - Continue with demos at beginning of meeting, 1:00-1:30
 - Hold a workshop in 2010
 - Salary survey in 2010
 - Have an active voice to the CPRA Board and CPRA Conference Committee
 - 2011: Conference
- Personal Training and Fitness specials, what's making money, types of classes to offer in 2010

***City of Broomfield** – Holiday Meltdown – Nov-Dec (8 wks) – Meet 2/wk \$92/person – group training (12?)

***City of Louisville** – Yoga Sculpt – power yoga with weights on drop-in schedule – 20-25/class!

***Town of Silverthorne** – Quick and Effective (cardio, strength, agility) 6:45-7:30am
10wks - \$61

***City of Boulder** – Biggest Winner – contact Summer Kennedy for more information

***SSPR** – FREE equipment orientations, FREE Nutrition Chats, Fitness Assessments - 15/\$10R, Weight Loss Challenge, 100 Days of Wellness Challenge.

***City of Golden** – took their most popular instructor & added a special registered class that the instructor taught and charged “x” amount of dollars (significant increase in price vs. drop-in). Participants were willing to pay b/c they wanted more classes by this instructor. Similar to a Biggest Loser class/program. This option was offered to other instructors but they were not interested.

***City of Westminster** (see below)

Buddy-Up for Results! – Group Training

Studies show that those who work out with a buddy are **THREE TIMES** more likely to maintain their exercise routine. Make 2010 the year of "Yes We Can". When you and a friend register for any of the Results Group Training classes then you both can attend any one of the Fitness/Wellness Workshops for FREE. To qualify, one of you must be new to Results or have not registered for Results in the past 6 months.

Buddy-Up for Results! - Reformer

Studies show that those who work out with a buddy are **THREE TIMES** more likely to maintain their exercise routine. Make 2010 the year of "Yes We Can". When you and a friend register for any of the Pilates Results classes listed below you will both receive 2 FREE Reformer classes. To qualify, one of you must be new to the class or have not registered for Pilates Results in the past 6 months.

***Keep in mind that the 2 programs they are trying to promote are " Results" class (group training) however, you could use the concept in a variety of ways. With PT they get to choose one of 5 wellness workshops they are offering for free. With Reformer they get to attend free classes AFTER the Results class has finished. Both give-a-ways do not cost Westminster anything.

- Team Leader for remainder of 2009 – Voted Board members will run January meeting as elected.
- 2010 Meeting Location Schedule – Veronica Mueller

Our meetings will be held on the 3rd Wednesday of every other month at 1:00PM. Our chair will be sending out agendas prior to the meetings.

Please mark the following dates and locations on your calendars:

January 20 -- City of Boulder
March 17 -- City of Brighton
May 19 -- Apex Center
July 21 -- City of Silverthorne
September 15 -- South Suburban Parks and Recreation
November 17 -- City of Westminster

The more attendance we have, the more beneficial the meetings are! Please make a conscious effort in 2010 to make CPRA Fitness Team an active resource.

NEXT MEETING: Weds, January 20, 1:00-3:00pm, Boulder (Summer Kennedy)