

PARK TOWER HEALTH CLUB COMMISSION (PTHCC) MEETING

MINUTES FOR

October 26, 2023

ATTENDEES:

- Commission Members: Monique Fouant, David Kazarian, Robert Laskov, Balduv Mehra, Rikke Vogensen
- Association Management: Scott Turton (Assistant Property Manager)
- Additional attendees: Several residents attended the meeting.

1. Rob brought up several items requiring maintenance. He provided a list with photos which was sent to Scott and Property Management for attention.
2. There was a long discussion about the replacement of the Life Fitness Multi-gym (LFM-gym). Our current LFM-gym offers 11 different strength exercises, and none of the replacements we have come upon in our research offer the same 11 exercises - every one of them is missing one to two exercises.

After doing extensive research, for the last couple of months, we have identified two replacement options. Also, Neil Averick (a daily user of the weight room) suggested that we need a bench which can decline for decline press work.

We ended up deciding to do a short survey of the Life Fitness Multi-gym users, to make sure, that the replacement machine will meet the needs of most of our users.

For all members, if you were a user of the Life Fitness Multi-Gym Machine, please keep an eye out for an email with a quick set of questions. Please take the time to reply to it, if you like **your** input into the next Multi-Gym Machine.

3. Residents attending the meeting also made other suggestions which are not under the Park Tower Health Club Commission purview (such as emergency routes etc). Those suggestions were also sent to Scott and Property Management. Scott and the staff are addressing several of the suggestions.
4. Neil Averick asked to join the commission. As a frequent user of the Park Tower Health Club, he is a welcomed additional member. A proposal will be made at the next board meeting to approve his addition to the commission.