

Executive Board Meeting Minutes

Sun City Center Yoga Club

Meeting Minutes for April 17, 2019

Agenda I. Call to Order - President

The meeting was called to order at 2 pm in The Palm Room.

Attending: Phyllis Laufer (President), Ann Giuli (Vice President), Craig MacIntyre (Treasurer), Sandra Kerezsi (Membership Chairman), Anita Hill (Secretary), Lynne Sells (Education Chairman), Coralease Ruff (Past President), Jan Libbey (Social Director), Pat Jones (Publicity Chairman), yoga club members (2)

Agenda II. Approval of Minutes from Last Board Meeting (1/9/2019) - Secretary

Approved.

Agenda III. Financial Report: Treasurer

Balance 3/31/2018: \$17,074.85. First quarter teacher salaries: \$3,171.00. Bank deposit (income) 4/15/2019: \$1,304.00 (dues and class fees paid in). Discussion on income & expenditures.

Approved.

Agenda IV. Membership Report: Membership Chairman

Sandee reported there are 196 dues paying members through 4/15/2019. For comparison, there were 223 at the close of 2018. In addition, there are many people who take classes individually (\$3/per class) who are not reflected in the above membership numbers. In the fall, there will be an email to the membership regarding annual dues/class fee information (action item: Sandee). Currently there are 17 King's Point members and 4 Freedom Plaza members. Discussion on King's Point Yoga Club vs. our club. Lynne would like to address this topic later in the meeting (new business – Yoga Classroom Capacity).

Approved.

Agenda V. Yoga Program Updates: Education Chairman

Lynne described our program offerings as being quite diverse & more varied in content than ever before. There is still room for putting in a more restorative type format and less of a yin program (holding poses which can be detrimental as aging occurs). Lynne described the current Thursday night class - "Relax & Restore + meditation" as a semantics type program that trains the brain then proceeds to yoga nidra for rest. She postulated that a more restorative class would be nice in that the brain then trains the body (holding the poses for longer periods of time). This could possibly be taught on Tuesday evening from 6-7:30 pm. This would appeal to those who work during the day or have other commitments during the daytime hours. Discussion ensued. Tuesday evening classroom may be available to schedule. New teacher (?) would need to take on this time. The possibility of a Saturday class was also discussed. Lynne reported that having an instructor available to teach on the weekend would be extremely difficult to fill. Anita suggested we survey the membership regarding times/classes they would like to see offered. Anita to generate a survey to go out to the membership regarding this. Anita to check availability of a Saturday morning/Tuesday evening classroom time with Claudia. Craig mentioned that any future classes we can offer the community are beneficial. Discussion on a future article about yoga principles & a picture of the chair class for community outreach was tabled. Lynne requested new class description wording be changed for her and Debbie's classes in print and on the website (action item – Anita). It was reported that Susan Caputo's new class (Basics) on Tuesday afternoon (1-2:15) has been well received. Due to overcrowding during the winter season, it was suggested that two more class times from 8-9:15 could be added on Tues/Thurs. Voted down because of needed overlaps – time restrictions to room and scheduling. Lynne to ask Susan if she has a class name change she wants.

Agenda VI. Secretary/Website Report

Anita will send out class updates when teacher substitutions occur. The website is updated frequently. Please use the website for updated information regarding class schedules, board minutes, etc.

Agenda VII. New Business

(1) Upgrading to the premium package for dodo emails (membership/board) which will eliminate the “banner ads” appearing at the bottom of the page for additional \$10/yearly. Anita detailed that several members had corresponded to her that they found the ads distasteful &/or annoying. Anita relayed that she herself did not like the ad content. The board approved the expenditure. Action item - Anita will contact Candy Stanlake who handles the dodo account features to approve the upgrade.

(2) Yoga Classroom Capacity / Safety

Phyllis said she has been approached by several members complaining about the room being too crowded and over capacity. She has said members need to approach the board to address the room crowding issue. A yoga club guest member attending the meeting stated that the classes are too crowded. She questioned that the room capacity limit was based on “standing” numbers, not on members with stretched out yoga mats. The meeting location states that the maximum number of people for the room is 54. Lynne stated this maximum number is safe in that popular yoga studios commonly teach classes where the mats are very close (within inches of your neighbors mat). Our studio is not accustomed to this and our members are just not used to it. This was the reason the teaching staff drafted and implemented the yoga etiquette policy. She reviewed the policy. Phyllis suggested a poster to show the yoga etiquette policy in print. She will educate the classes following this meeting. Discussion of counting people as they enter crowded classes so that the room capacity is not exceeded. Possibility of numbers passed out &/or a board used. Short discussion on having safety evacuation procedures/training. This was deemed not necessary as there are four evacuation routes from the yoga studio – all being visible from within the space. One door to the rear parking lot, one door to the men’s locker room, one door to the women’s locker room, and the main studio entrance door to the hallway and then exit to the outside from the main building entrance door. To ease crowding, Pat suggested that we adopt a policy of having no new people from King’s Point allowed to join. This was approved by the board. A short discussion ensued on not allowing visitors &/or guests. Guest policy reviewed (\$2/day per guest/per day obtained prior to class sessions at the CA Administrative office building – 1009 North Pebble Beach Blvd - (Mon-Fri from 8-3 pm) **OR** weekends & before/after CA hours at the Fitness Center (daily 6 am- 8 pm -attendant on duty).

Agenda VIII. Other Business

- (1) Update address of studio by the phone in the studio for emergencies / update your CA card with your emergency contact information
- (2) All class instructors need CPR/AED training as there is an AED outside the main door.
- (3) Susan Caputo inquired about the possibility of purchasing “yoga chairs”.
- (4) Bylaw Changes: Bob Sullivan from the CA (club liaison) reviewed our current bylaws and signed off on them.
- (5) Community Leaders Meeting (4/16/2019): Cora Ruff attended and shared her report. It follows: The North course – closed golf area – is doing mower testing for the privately owned area. The land is private and it has been stated that people need to stay out of the area. It was relayed that the golf carts have been driving too fast. There is a 4/18/2019 meeting in the Caper Room regarding grant proposals (HOA). Photos of your CA membership is acceptable on your phone. Beginning 6/1 hurricane season begins. Updates forthcoming. Pool event (July 4th). Town Hall (4/24) – discuss church updates. Coffee & Conversation (4/22 from 4-6 pm) – Community Hall. Resident count: 11,347 people. Hwy. 674 upgrades / new trees to be planted after work completion.

Agenda IX. Schedule for Next Meeting

Board Meeting (9/11/2019 at 2-4 pm in the **Ann Marie LeBlanc Room**).

Agenda X. Adjournment

Meeting adjourned at 3:45 pm.

Submitted by Anita Hill – Secretary

For:

Phyllis Laufer – President
Ann Giuli – Vice President
Craig MacIntyre - Treasurer