



MEMORANDUM

To: Board of Trustees

From: Dawn Baumhover
Community Center Coordinator

Date: 2/12/13

Re: Staff report – Community Center

The Fitness Place is experiencing strong usage over the last month. February is traditionally a strong month for work out facilities but the lack of outdoor options seems to have intensified that this year. In addition to the patrons using the workout equipment, the numbers have been very strong for drop-in options. Basketball has become exceptionally popular and competitive. Drop-in soccer was added in January and is held on Thursday nights from 6-8 p.m.



A new video-based workout class has also been added. Get Movin' is a drop-in exercise session held three times per week in the studio. Each month will feature a different video workout and, although geared for over-50, it is available to all via a drop-in fee, membership or punch card. The exercise videos are also available for check-out at the Fitness Place desk for individual in-building use.

The Youth Punch cards are gaining popularity as well. Parents who are willing to supervise and engage with their kids of elementary and middle school age may purchase Youth Punch Cards for \$20. This 10–visit card may be used for basketball/floor hockey/soccer or other fun activities in the gymnasium. Chinook West, the alternative high school, also brings students over to work out in the gym every day utilizing a block of punch cards purchased by the school for that purpose.

The cardio deck has a new addition!
An almost new spin bike has been donated to the Fitness Place. It is in place and ready for use. In response to many requests, a former Nederland resident and NIA instructor will offer a class in March.

If response is adequate, she will travel to Nederland once a month to bring NIA back to our community.

Want to know more?
Visit: www.nederlandcommunitycenter.org/
Or call (303) 258-9721

The first expansion of Fitness Place Hours is in place. We are now open every Friday until 7 p.m. (up from the previous closing time of 5 p.m.). As soon as the volunteer shifts are filled and a reliable back-up is in place, we will open at 6 a.m. on weekdays, 8 a.m. Saturdays and for limited Sunday hours.

We are pleased that Play It Again Sports will sponsor The Fitness Place once more in 2013 and thank Dale Porter and the Community Center Foundation Board for their efforts.

The building is running smoothly overall. A pump seal failed in January but has been fixed and all seems well.