

Minutes of WLTSC Gym/Energize Committee Meeting – February 2026

Attendees

Paul Fothergill
Nigel Mynott
Marc Hughes
Louise Lewis

Apologies

Dee Cooper
Richard McGovern

Gym Update

The gym is flying and busier than ever.

Health, Safety & Welfare

Nothing to report.

Staffing / Holidays

All good with the team.

Billy Hughes has a couple of ski holidays; his classes are covered.

Next notable holiday is the club ski trip where three instructors will be away. Most classes will be covered, though a couple may be cancelled.

Classes

Average of 355 attended classes over the last 3 weeks (265 per week in November). Excellent numbers, among the highest ever recorded.

From March, a register must be completed for all classes to ensure members sign in.

The two quietest classes are showing improved attendance (will continue to monitor).

A Friday Yoga class will be offered at £6.50 for members.

Equipment

Two benches need re-covering; work will be scheduled once additional benches require attention.

Ski Erg has arrived.

Pete is doing a great job, maintaining high standards of cleanliness in the gym and the pit.

Price up new dumbbells, including heavier sets. No purchases permitted until April.

Paul Fothergill to sort out CC grips.

Events

Event	Date	Details
Ski Trip – Sestriere	8–15 March	71 booked plus 4 additional
Walk for Fun	10th (month not stated)	Bratch Locks, Wombourne (Gaz / Piercy)
Padel/Gym Social	7th or 14th June	
Aberdovey Charity Bike Ride	19th June	

Any Other Business (AOB)

Single point of entry to the club becoming more relevant; currently not financially viable.

Padel is flying and is a great addition.

Threat of Hamiltons mentioned; general consensus is to continue delivering strong performance, especially with increased Padel traffic.

Summer camp discussed.

Next Meeting Date: TBC by NJM