

# Minutes of WLTSC Gym/Energize Committee Meeting – April 2026

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## Attendees

Paul Fothergill  
Nigel Mynott  
Marc Hughes  
Dee Cooper  
Louise Lewis  
Richard McGovern

## Gym Update

The gym is very busy, with classes also very busy.

## Health, Safety & Welfare

Nothing to report.

## Staffing / Holidays

Classes were covered over the bank holiday period, with only one cancellation.

Most classes were covered during the ski trip.

## Classes

- Average attendance of 344 over the last 6 weeks (previously 355).
- Still need to address people signing in to classes; a register must be completed from March.
- The two quietest classes are performing adequately, so no changes required.
- Friday yoga class to be advertised. Tuesday morning class to be extended to one hour (£6.50).
- Friday morning spin has had 6 no-shows in the last 2 weeks; may need to reintroduce a late cancellation charge.

## Equipment

- Five benches have been reupholstered.
- Technogym to repair handles on CC machine and a snapped cable (£400 approved by Graham).
- Pete continues to do a great job; however, a fixed checklist of duties is required. Consider reviewing working hours to improve security coverage (possibly until 21:00).
- Studio weights require upgrading (£500).
- Spin bikes recently serviced; two have developed minor faults.
- Gabby requires a small straight bar.

## Events

- Ski trip was a major success. Consider displaying photos in the gym.
- Next ski trip to be advertised before end of April (high-altitude Italian location planned).
- Walk for Fun pencilled in for May (canal walk and food at club, date TBC, possibly 10th – Gaz / Piercy).
- 13th June date no longer suitable.
- Aberdovey – 19th June.
- Club Championships – last Saturday in June.

## Any Other Business (AOB)

- Single point of entry becoming more relevant but not financially viable at present.
- Ensure reception is always covered; if unattended, display a clock indicating return time.
- Complaints received regarding cleanliness of men's changing rooms, particularly around upholstery.

## Next Meeting

Wednesday 10th June at 19:00.