

Minutes of WLTSC Gym/Energize Committee Meeting – 27th May 2026

Attendees

- Paul Fothergill
- Nigel Mynott
- Louise Lewis

Apologies

- Dee Cooper
- Marc Hughes
- Richard McGovern

Health, Safety & Welfare

Nothing to report.

Staffing / Holidays

All classes have run during the bank holiday periods with the exception of one Yoga class and two Spin classes.

Classes

- Average attendance of 305 over the last 6 weeks (previously 344).
- People signing in to classes still needs to be addressed. A register must be completed for all classes.
- Friday Yoga class requires further promotion.
- Tuesday morning class to be extended to one hour (£6.50).

Equipment

- Technogym have repaired the handles on the CC machine and the snapped cable.
- Pete continues to do a good job.
- Studio weights require upgrading (£500).
- Spin bikes are all operating well and are being continually maintained. Following discussions with Graham, it was agreed that the maintenance contract should be renewed.

Events

- “Life’s About Balance Walk” took place on Sunday 31st May – a five-mile walk which included a couple of pub stops followed by a carvery at the club.
- Preparations are almost complete to advertise the next ski trip.
- Aberdovey bike ride – 19th June.
- Club Championships – last Saturday in June.
- Summer Cocktail Party – Saturday 13th June.

Any Other Business (AOB)

- Single point of entry becoming increasingly relevant, although it is not considered financially viable at present.
- Complaints have been received regarding the cleanliness of the men's changing rooms, particularly around the upholstery areas.
- PF/NM continuing to "police" inappropriate sportswear being worn in the gym and studio.

Next Meeting

1st July 2026 (Dinner proposed for 19:00 pm)