

Minutes of WLTSC Gym/Energize Committee Meeting – 15 July 2026

Attendees

- Nigel Mynott
- Paul Fothergill
- Louise Lewis
- Richard McGovern
- Dee Cooper

Apologies

None

Health, Safety & Welfare

Nothing to report.

Staffing / Holidays

As usual, all classes have run wherever possible. The only exceptions were during an England football game and when the yoga instructor was taken ill. All other staff holidays were covered by other instructors.

Classes

- Average attendance of 284 over the last 6 weeks (previously 305).
- Discussion ongoing regarding adding another Yoga class to the timetable.
- Proposal to introduce a Monday evening Body Pump-style class. This would require investment in equipment and storage.
- Official Body Pump equipment is estimated at £10,000. An alternative brand, Metis, is estimated at around £5,000, if ground staff assist with racking and storage. The committee believes this would provide greater timetable flexibility and help keep the club competitive.

Equipment

- Technogym recently repaired one machine. A further machine requires attention; the £600 repair quote will be reviewed by Paul and the ground staff before approving an engineer call-out.
- Studio weight upgrade (£500) to be put on hold while the Body Pump proposal is being considered.
- Spin bikes continue to be well maintained.

Events

- 'Life's About Balance' walk was a success. Future calendar events should include both social and more challenging walks.

- Next ski trip is now available, with over 80 members signed up. Destination: Passo Tonale, Italy.
- Aberdovey bike ride was well attended with excellent club representation.

Any Other Business (AOB)

- Single point of entry to the club is becoming increasingly relevant but is not currently considered financially viable.

Next Meeting

17th August 2026