

Minutes of WLTSC Gym/Energize Committee Meeting – 12 August 2026

Attendees

Nigel Mynott
Paul Fothergill

Apologies

Louise Lewis
Richard McGovern
Marc Hughes
Dee Cooper

Health, Safety & Welfare

Nothing to report.

Staffing / Holidays

All classes have been covered when instructors have been on holiday.

Classes

- Average attendance of 290 over the last 6 weeks (previously 283).
- Discussion ongoing regarding adding another Yoga class to the timetable, potentially starting in the autumn.
- Proposal to introduce a Monday evening Body Pump-style class. This is expected to be very popular with members but would require investment in equipment and a suitable storage solution.
- Official Body Pump equipment is estimated at around £10,000. A cheaper alternative from Metis is believed to be around £5,000, particularly if the groundstaff can assist with racking and storage.
- The committee feels the investment could provide significant flexibility within the timetable and help ensure the club remains competitive in the local area.

Equipment

- There is an ongoing issue with the climber. Engineers have attended five times and it is hoped that the machine can be repaired. Replacement would cost approximately £3,000.
- The proposed £500 upgrade to the studio weights will be put on hold while the Body Pump equipment is being considered, as this could potentially be combined into one overall investment.
- Spin bikes are all operating well and continue to be regularly repaired and maintained.

Events

- The next ski trip is live, with 64+ members already signed up. The destination will be Passo Tonale, Italy.

- A further walk is being pencilled in for the autumn.

Any Other Business (AOB)

- Single point of entry to the club is becoming increasingly relevant; however, it is still not considered financially viable at present.
- The cupboard between the back restaurant and studio needs to be reorganised. It is regularly cluttered with catering and fitness equipment, making equipment difficult to access and creating unnecessary stress when preparing classes. Consideration should be given to relocating some of the catering equipment.
- **The gym entry screen needs to be repaired!** It has not been working for approximately six months, making it difficult to check members' names.

Next Meeting

Mid Oct 2026