

Minutes of WLTSC Gym/Energize Committee Meeting – 3 September 2026

Attendees

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

Apologies

- Dee Cooper
- Marc Hughes

Health, Safety & Welfare

Nothing to report / no incidents.

Staffing / Holidays

All classes have been covered when instructors have been on annual leave.

Classes

- Average attendance of 300 over the last 6 weeks (previously 290).
- 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 this would provide significant flexibility within the timetable and help ensure the club remains competitive in the local area.

Equipment

- The climber issue is ongoing. Engineers have now attended eight times and believe they have fixed the problem. Replacement would cost approximately £3,000.
- A Crosstrainer was reported as requiring attention today.
- The proposed £500 upgrade to the studio weights will remain on hold while the Body Pump equipment is being considered, as the purchases could potentially be combined into one overall investment.
- Spin bikes continue to be well maintained and regularly repaired. Five were reported this week.

Events

- The next ski trip is confirmed, with 70+ members already signed up. The destination will be Passo Tonale, Italy.
- A social walk is pencilled in for Sunday 15th November, followed by Sunday lunch at WLTSC.

Any Other Business (AOB)

- It is the committee's belief that a single point of entry to the club is becoming increasingly relevant. Unfortunately, it is felt that this is not financially viable at the moment.

Commendations

- A huge well done to Louise Lewis for attending yesterday's Circuit and Gym & Fitness meetings with her damaged arm.

Awaiting Action

- The cupboard between the back restaurant and studio needs to be sorted out. It is constantly cluttered, making fitness equipment difficult to reach and making the start of classes stressful. Consider whether more of the catering equipment could be relocated elsewhere.
- **The entry screen to the gym needs to be made operational. It has not worked for approximately six months, making it difficult to check members' names.**

Next Meeting

Wednesday 4th November 2026 at 19:00