

Minutes of WLTSC Gym/Energize Committee Meeting – 14 October 2026

Meeting held at WLTSC

Attendees

John Hollingsworth
Louise Lewis
Marc Hughes
Nigel Mynott
Paul Fothergill

Apologies

Dee Cooper
Richard McGovern

Health, Safety & Welfare

No health and safety issues or incidents to report.

Staffing / Holidays

As in previous minutes, all classes have been covered when instructors have been on annual leave.

Classes

- Average attendance remains at 300+.
- Discussions are ongoing regarding a second Yoga class, potentially starting in the autumn. The instructor would cost £50 per class.
- Body Pump-style classes remain under discussion due to the capital investment required for equipment, estimated at approximately £10,000. Suitable storage would also need to be identified, as there is currently no space available.
- With new padel courts and fitness clubs expanding their local offerings, the committee feels WLTSC needs to keep pace with activity development.

Equipment

- The step climber will need replacing shortly, following the cost of numerous repairs. A new machine is estimated to cost approximately £3,000.
- The £500 budget for studio weights will remain on hold until the step climber is replaced, at which point both costs will be considered together.
- The spinning bikes are holding up spectacularly well.
- Two slant boards are required at £100 each, along with a 4 ft bar costing £150.

Events

- The next ski trip is confirmed, with 70+ members signed up. The destination is Passo Tonale, Italy.

- A social walk is pencilled in for Sunday 15 November, followed by Sunday lunch at WLTSC. Lunch will cost £12.50 per person.
- Energize Christmas Party: Friday 18 December at 16:00, meeting at The Two Greens Public House.

Any Other Business (AOB)

- Single point of entry was discussed.
- Visitors to the gym must pay a £10 per hour fee and complete a health questionnaire.

Commendations

None to report.

Awaiting Action

- Air conditioning units require further maintenance.

Next Meeting

Wednesday 11 November 2026 at 19:00.