



**SACRAMENTO  
STATE**

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**The WELL Advisory Group Meeting  
September 20, 2017  
The WELL, 2nd Floor, Shoreline Room**

**Minutes**

- 1. The meeting was called to order: 7:31 a.m. by Kate Smith**  
**Present:** Trinity Jackson, Makenzie DeLaughder, Kindra Begley, Harrison Anderson, Mark Anthony Sohl, Mark McGushin, Nneka Omekam, Kyle Wakeland, Brittani Gastinell, Elena Larson  
**Also present:** Kate Smith, Bill Olmsted, Jill Farrell, Jessica Swart, Tori Butler and Guest Presenter Jason Blessinger
- 2. Introduction of WELL Advisory Group Members**
- 3. Public Comment: None**
- 4. Consent Calendar:**
  - A. Approval of Advisory Group Minutes for March 8, 2017**  
**[Consensus for approval of minutes as written: Passed]**
- 5. Old Business**
  - A. Expansion update: Olmsted & Smith**
    - Olmsted provides an update on the Union expansion and states that the structure of the new part of building is expected to be in place by late October. A "Topping Out Ceremony" for campus is being planned where attendees will have the opportunity to sign the last beam of steel before being ceremonially lifted into place. The project started with a deadline of August 2018 but started late due to Fire Marshall delays, so fall of 2018 is the new target completion date.
    - Smith provides update on WELL expansion. She states that the team has been working with an architect firm on programming documents and they are currently in the process of selecting the design-build team. Four finalists have been selected to bid on the project. Interviews will be held with the four finalists and then they will put together their proposals and present their proposal in October. The plan is to award the winning group on October 26<sup>th</sup>. Smith recaps the project and states that January 2020 is the target completion date for the project.
  - B. Summer membership update: Swart**
    - Swart thanks the group for their ideas and support back in March when they approved changes to the WELL's membership structure. She discusses the

update on summer activity after the changes were implemented, which was included in the handout. Overall, summer revenue increased by 15%.

- Larson asked whether “non-enrolled summer students” includes continuing students or students who are new to Sac State. Swart answers that it is mostly continuing students since new students must have their One Card, therefore they have to have completed their orientation.
- Begley states that she did not know if students could take advantage of summer memberships, and has told new students to wait until fall. She will pass the information along to new students next time. Smith clarifies that they would be eligible to *purchase* a summer membership.
- Larson mentions that students may not want to pay for the whole summer if they complete orientation in July. Swart clarifies that rates are pro-rated, so students will not have to buy an entire summer.

## 6. New Business:

### A. Elect new WELL Advisory Group Chair: Smith [MSP: Larson, Jackson; Abstention: Sohl]

- Smith explains the chair position and announces that nominations are being accepted. Omekam nominates Sohl and Anderson seconds. Sohl states that he had discussed the position with Smith in the event others were not interested, but he would like the group to consider other options available. He then thanks Omekam for the nomination and, in turn, nominates her. Omekam respectfully declines the nomination and explains that she would like to learn more about the committee first. Sohl accepts the nomination.
- **Brief recess from 7:56-7:58am**

### B. WELL membership and pool pass proposal: Swart [MSP: Anderson, Begley]

- Swart discusses the proposal to include pool memberships with a WELL membership, which is included in the handout. She states that there is a common misconception regarding a pool membership being included in a WELL membership, which causes customer service issues. She explains that students, faculty, and staff have full access during open swim with their one card, but alumni, community members and families are required to purchase pool passes.
  - Anderson asks if the WELL membership rate would increase. Swart confirms that membership rates would stay the same

### C. WELL Building Policies: Swart [MSP as revised: Begley, Jackson]

- Swart refers to the redlined version of the General Building Policies with proposed changes that is included in the handout. She discusses the change to policy 1.2. Facility Access and Use, and notes that the addition is already included in the Reservation Policy but it is also being added to the Building Policy for clarification. Swart then reviews the changes to policies related to the Climbing Wall as suggested by the new Climbing Coordinator.
  - Begley comments regarding policy 2.1.k, which is being changed to only allow members to use locking carabineers provided by the WELL. The policy states “No personal belay devices”, so adding “no personal carabineers” or “locking carabineers” to clarify is suggested. Smith agrees and states that it will be changed to read “or locking carabineers”.
  - McGushin asks if the word “locking” is necessary since we already

prohibited the use of non-locking carabineers. Smith agrees and states that the policy will be modify to read "or carabineers".

- Later in the meeting, DeLaughder makes a comment on the building policy. On page 11 under Fitness areas, policy 2.2e regarding the use of weightlifting chalk, "ass" should be replaced with "as". Swart agrees and thanks DeLaughder for the catch. The proposal is accepted and is not being put up for vote again since it does not change content of policy.

**D. Fitness pricing proposal: Blessinger [MSP: Larson, Gastinell; Abstentions: Anderson, DeLaughder]**

- Blessinger refers to page thirteen of the handout and explains that the fitness department is reevaluating group fitness special events pricing in an effort to recoup cost since group fitness is now free. Blessinger discusses the proposal and explains that pricing column in green is the new proposed price, right next to the current price.
  - Swart asks if Zumba Glow is just being used an example. Blessinger explains that Zumba Glow is currently the only group fitness event.
  - Swart asks if there are plans to use MindBody for registration. Blessinger confirms that is the plan.
  - Regarding the market research, DeLaughder asks whether the cities listed are the event locations. Blessinger confirms.
- Blessinger then discusses the pricing proposal for self-defense classes. He explains that in the past, the program instructor donated his time to us, but was being paid by campus police since he was their employee. The instructor has retired and therefore the WELL will need to pay a new instructor, which increases the program expense.
  - Larson asks how long the classes are. Blessinger answers that the class is an hour long, but instructors are paid for setup and prep. Smith adds that the wage noted in the proposal includes benefits and the UEI fee.
  - Sohl asks if this is temporary, or does campus police plan to offer another volunteer. Blessinger states that he cannot confirm what campus police plans for, and notes that it would depend on individuals being willing to get certified and volunteer their time.
  - Larson asks if classes are available to faculty and staff, or just students. Blessinger answers that the class is open to all WELL members, but the majority of participants are usually students.
  - Wakeland states that the Sherriff's Community Impact Program (SCIP) may have people who are willing to help with providing instructor. Blessinger states he did not know about that program and is interested in more info, as is Smith. Wakeland will provide contact information.

**E. Group Fitness and Personal Trainer wage proposal: Blessinger [MSP: Begley, Anderson; Abstention: DeLaughder]**

- Blessinger refers to the wage proposal in the handout and explains that Sacramento has expanded in fitness industry, resulting in competitive wages since personal trainers & group fitness instructors did not benefit from the minimum wage increase. Blessinger discusses the proposal and explains that proposed wages are in green, noting that cost can be recouped by increasing revenue on personal training participation.
  - Larson asked for clarification on whether trainers and instructors are

paid hourly. Blessinger confirmed that they are paid hourly and states that the wage per class is only included for comparison. Larson asked if they trainers and instructors will continue to be paid per hour. Blessinger confirms, further noting that the change is only to the lower wage range.

## 7. Reports and Comments

### A. Interim Executive Director: Olmsted

- Olmsted updates the group on the Union WELL Inc. annual audit that was conducted over the summer, and announced that the corporation received an unmodified report, which is the highest rating one can get.
- Olmsted then notes that the Board of Directors has started to meet, and informs the group that Sohl and Begley represent the WELL Advisory Group on the board.
- Olmsted shows the group a flyer regarding the Outdoor Nation Challenge put forth by Peak Adv. He states that Sacramento State is in the running for most active campus and is currently in 4<sup>th</sup> place. He provides an overview of the challenge and its requirements.

### B. Director: Smith

- Smith announces that the WELL broke two records of the first and second highest day of member check-ins. New record is 4,174 check-ins in a day, and the highest total week is now 16,106.
- Group fitness is now free and, to help manage participation, the WELL has implemented the MindBody app. The app is used to reserve a space in class and check in. It's a great tool for managing attendance and collecting data.
  - Larson asks if there is an issue with people signing in and not showing up. Blessinger says yes, there have been some bugs and some people sign up on accident. Smith states that if a class is full there is a wait list in case people do not show up. Blessinger explains that that if a member does not arrive five minutes prior to class, the reservation is cancelled.
- Smith points out the WELLcome back flyer that was handed out and explains the WELLcome back event.
- Staff researched and discovered that the first intramural game was a softball game on October 31, 1952. The WELL will be celebrating the 65<sup>th</sup> Anniversary of intramurals on campus on October 31<sup>st</sup> with a softball game.

### C. Assistant Director: Swart

- Swart mentions upcoming events including intramural, AIR and climbing wall.

### D. Advisory Group members

- Sohl thanks the group for the election of his position.

## 8. The meeting was adjourned at 8:48 am

Respectfully submitted:

  
Authorized Signature

10/25/17  
Date