

January 16th, 2025

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Meeting notes:

- **Rec Center Usage:** Sarah discussed the high usage of the Rec Center, noting that it had almost 3000 visits this week and over 26000 visits last semester. She highlighted the busiest times and suggested that 7:00 AM might be a good time for staff to visit.
 - **High Usage:** Sarah mentioned that the Rec Center had almost 3000 visits this week and over 26000 visits last semester, indicating high usage.
 - **Busiest Times:** Sarah highlighted that the busiest times at the Rec Center are from 3:00 PM to 7:00 PM, with a significant number of students using the facility during these hours.
 - **Optimal Time:** Sarah suggested that 7:00 AM might be a good time for staff to visit the Rec Center, as the crowd from 6:00 AM usually disperses by then, making it less busy.
- **Rec Center Facilities:** Sarah provided an overview of the Rec Center's facilities, including weight rooms, cardio rooms, basketball courts, a track, a climbing wall, fitness studios, and more. She encouraged everyone to visit and check out the new equipment.
 - **Facility Overview:** Sarah listed the various facilities available at the Rec Center, including weight rooms, cardio rooms, basketball courts, a track, a climbing wall, fitness studios, and more.
 - **New Equipment:** Sarah mentioned that all the equipment in the Rec Center was replaced about 18 months ago, making it brand new and state-of-the-art.
 - **Encouragement to Visit:** Sarah encouraged everyone to visit the Rec Center and check out the new equipment, emphasizing that it is the nicest place in town to work out.
- **Intramural Sports:** Sarah mentioned that the Rec Center offers a variety of intramural sports, with over 3500 participants. She emphasized that these sports are open to everyone, not just students.
- **Group Exercise Classes:** Sarah highlighted the availability of almost fifty group exercise classes per week, including mind-body classes, dance, Zumba, cardio, strength, and cycle. She noted that many lunchtime classes are attended by staff and faculty.
 - **Class Availability:** Sarah mentioned that the Rec Center offers almost fifty group exercise classes per week, covering a wide range of activities such as mind-body classes, dance, Zumba, cardio, strength, and cycle.

- **Lunchtime Classes:** Sarah noted that many lunchtime group exercise classes are primarily attended by staff and faculty, making them a great option for employees looking to stay active during the workday.
- **Outdoor Adventures:** Sarah described the Outdoor Adventures program, which offers river rafting, backpacking, hiking, rock climbing trips, and equipment rentals. She encouraged staff and faculty to take advantage of these opportunities.
 - **Program Offerings:** Sarah described the Outdoor Adventures program, which includes river rafting, backpacking, hiking, rock climbing trips, and day trips to locations like the Grand Canyon and Antelope Canyon.
 - **Equipment Rentals:** Sarah mentioned that the Outdoor Adventures office offers equipment rentals, including sleeping bags, tents, kayaks, and paddle boards, at very affordable rates.
 - **Encouragement to Participate:** Sarah encouraged staff and faculty to take advantage of the Outdoor Adventures program and the equipment rental options available.
- **Bike Hub:** Sarah and Sharon discussed the Bike Hub, which provides tools and assistance for bike maintenance. Sarah mentioned that it is a self-service space open whenever the facility is open.
- **Membership Options:** Sarah explained the membership options for staff and faculty at the Rec Center, including annual and payroll deduction plans. She noted that all classes and equipment rentals are included in the membership.
 - **Membership Plans:** Sarah explained the membership options for staff and faculty, including an annual membership for \$375 and a payroll deduction plan that allows for payments of \$13 per paycheck.
 - **Included Benefits:** Sarah noted that all classes and equipment rentals are included in the membership, providing comprehensive access to the Rec Center's facilities and programs.
 - **Flexibility:** Sarah highlighted the flexibility of the payroll deduction plan, which allows members to start and stop their membership at any time without being locked into a long-term commitment.
- **Fit to You Program:** Sarah introduced the Fit to You program, which brings fitness classes to different departments on campus. She encouraged departments to reach out if they are interested in having private classes.
- **Personal Training:** Sarah mentioned that the Rec Center offers personal training services, including a private training suite. She highlighted that many trainers are students gaining experience in their field.

- **Internship Program:** Sarah discussed the new internship program at the Rec Center, which provides fitness and wellness majors with hands-on experience. She encouraged staff to refer students who might be interested.
- **Campus Partnerships:** Sarah talked about the Rec Center's partnerships with various departments on campus, including offering courses for credit and collaborating on outdoor programs.
- **Faculty Meal Plan:** Sarah and Riley explained the faculty meal plan options, which offer discounted meals and dining dollars. They highlighted the convenience and cost savings of the plan.
 - **Meal Plan Options:** Sarah and Riley explained the faculty meal plan options, including the \$50 plan with 2 free meals, the \$90 plan with 5 free meals, and the \$150 plan with 53 free meals.
 - **Cost Savings:** They highlighted the cost savings of the meal plans, noting that the value of the free meals exceeds the cost of the plan, making it a no-brainer for faculty and staff.
 - **Convenience:** Sarah and Riley emphasized the convenience of the meal plans, as the funds are loaded onto the Jacks card, which can be used at various dining locations on campus.
- **Healthy Eating Options:** Riley discussed the availability of healthy eating options on campus, including vegetarian, vegan, and allergy-safe choices. She encouraged staff to reach out for assistance in navigating the menus.
- **New Dining Options:** Sarah and Riley mentioned new dining options on campus, including Matador Coffee, Mountain Jacks Burgers, and Boba tea. They highlighted the positive feedback received for these new offerings.
- **Employee Assistance and Wellness Programs:** Heather Nash provided an overview of the Employee Assistance and Wellness programs, including weekly drop-in groups, workshops, and fitness classes. She encouraged staff to participate and take advantage of these resources.
- **Tech Summit:** Lee Griffin announced the upcoming Tech Summit, which will feature sessions on various technology topics. They encouraged staff to attend and support their colleagues who are presenting.
- **Employee Development Days:** Lee Griffin also mentioned the upcoming Employee Development Days, which will offer a week of professional development sessions. They highlighted the importance of these events for personal and professional growth.

Follow-up tasks:

- **Bike Hub Promotion:** Update the resource information to include the reopened Bike Hub and its hours. (Aaron)

- **Feedback Collection:** Submit feedback on what faculty and staff would love the Rec Center to offer or any questions they have. (All participants)
- **Team Building Opportunities:** Reach out to the Rec Center to arrange team building activities for departments. (All interested departments)