

Fitness and Aquatic Center: July 2026 Update

Networking and Communication:

- **FAC app**
- **Member Email Communication:** updates, schedule changes & reminders sent out about 1x/week
- **Monthly Newsletters: FAC & City**
- **Social Media**
- **Website** up to date

Recent FAC Events:

- **June 10:** Senior Summer Picnic: 40 paid & attended
- **June 18:** Yoga at Next Chapter Winery: 25 attended

Upcoming at the FAC:

- **August 3-11:** Gymnasium Closure (floor refinishing)
- **August 3-5:** Fall Swim Lessons Resident Registration Open
- **August 5-7:** Locker Rooms Closed
- **August 8:** Lifeguard Recertification Course
- **August 10-14:** Aquatic Center Annual Maintenance Closure
- **August 17:** Start of HS Girls Swim Season
- **August 27:** NPHS Girls Swim & Dive Home Meet

FAC Updates:

- **Student 3 Month Summer Promo is available for sale May 1st - July 31st.**
 - To date, we have sold 57 student summer promo memberships.
- **Wellness Wednesdays run June - August. 50% off Admissions all day every Wednesday.**
 - July 15: 59 admissions sold
- **Updated Sauna Project:**
 - The goal is to create an upgraded, relaxing wellness atmosphere for FAC adults with a new sauna space.
 - NP Anytime Fitness: recent addition of a Red Light Room & expanded weight room
 - Met with a Sauna user group on June 8, and we received great feedback about the direction of our project (location, size, plan, etc)
 - Their top choice of location: Current tech storage room next to the Cardio Room
 - Quotes gathered are around \$32,000. Other costs estimated at \$35,000-\$38,000 (electrical, flooring, etc)
 - Ideally the new space would include a few changing stalls and hooks or storage for personal items.
 - Other expenses: \$170/month for barcode sauna room access with age restrictions.

- According to long-term industry data from the American College of Sports Medicine (ACSM), **traditional strength training remains a permanent top global fitness trend, making a spacious free-weight area vital for membership retention & financial survival. Strength Training is now heavily utilized by diverse user groups.**
- **Modern strength spaces prioritize open layouts and intuitive setups. Expanding weight rooms allows facilities to create welcoming, less crowded environments.**
- Swapping the Weight Room & Cardio Room is not a viable option. We would not gain space by swapping the rooms.
- **New Goal: find another space suitable for a TRX Room so we can move that space, knock down the existing wall between the TRX Room & Weight Room in order to expand/open up the weight room.**
- Cut back on the amount of cardio equipment - we could stand to not replace about 5-6 cardio machines and still have enough to meet usage demands.
- Look into the possibility of leasing a few upscale treadmills.
 - Quality over quantity - while sustaining enough quantity to meet our user demands.
- **Sponsorship Proposal for Gymnasium & Pool Upgrades for Families: Goal is to Launch this Sponsorship Opportunity in October 2026!**
 - Ask local businesses for sponsorship dollars/donations to go toward facility growth items such as: batting cages, wibit update, sports simulator.