

Summerland Women's Fitness

Fit for Life!

July 2017

ANNUAL GENERAL MEETING NEWS

- We welcome two new members to the Board: Linda McIntosh (Director) and Darlene MacLeod-Hay (Secretary). The rest of the Board consists of: Betty-Ann Xenis (President), Pat Mayne (Vice-President), Debbie Farrow (Treasurer), and Directors Katherine Beattie and Carole Patane.
- The flex pass is now \$60 for 10 visits for 3 months.
- Our new constitution and by-laws were passed by the membership and will be filed with B.C. Societies Registrar. Thanks to Janice Coutu for all her work on this.
- Members can request an electronic or paper copy of the Constitution and ByLaws at any time.



The Bunny Project

We have inherited many, many bunnies. Our aim is to dress them all according to season, holiday, special event or whim and use them as decorations all year long. Pick up some bunnies at the centre today and create!



Summer Hours

During July and August , we will be closing at 12:00 noon Monday—Friday. Enjoy the summer weather!



Contact us:
www.summerlandwomensfitness.ca
slandfitness@gmail.com

Facebook: Summerland Women's Fitness
770-516-2001

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Our Vision

Provide a facility where we can continue our health and fitness goals and to create a place where women can be comfortable in a supportive community environment.

Did you see us in the Action Fest parade?



GOALS OF THE SUMMERLAND WOMEN'S FITNESS SOCIETY

At our AGM, we discussed and approved the following goals for 2017—18:

- Hire a student to cover receptionist duties for May – August 2017 (16 weeks). *(Note: not successful this year but we will try again.)*
- Have enough dedicated volunteers to cover all our open hours without scrambling, and enough spares to cover relief shifts when necessary. *(To all members: consider volunteering for an hour when you regularly work out.)*
- Have a full board of 7 members and additional non-board committee heads *(We have a full board, and would welcome other members to help out with activities .)*
- Increased monthly membership to 50 monthly members. *(Right now we have 40 active monthly members, 4 on medical leave, and 7 flex.)*
- More events and workshops. *(None planned yet.)*

We brainstormed steps we could take to achieve these goals and the Board will be working on these. In the meantime, if you have any good ideas about these or other improvements, please talk to a Board member or drop a note in the suggestion box!

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