



MRPA Fitness and Wellness Section Building Healthy Communities Together

Wednesday, January 27, 2010

10 am to 12 pm

Eden Prairie Community Center

16700 Valley View Road
Eden Prairie, MN 55346
952-949-8470
Host: Beth Witt 952-949-8447

AGENDA

Sizzling Topic: 2010 Fitness Trends

Bring This Fit Tip To Share:

- What are your facilities new fitness programs/trends for 2010?

Call meeting to order

1. Welcome and Introductions:
 - a. You are a representative of ____
 - b. What Fitness and Wellness topic do you want to learn more about in 2010?
2. Additions to the Agenda
3. Approval of minutes

Speaker or Professional Connections:

Eric Johnson, 2nd Wind Fitness

- 2010 Fitness Trends
- New Equipment
- Planning for equipment replacement and budgeting for new equipment.

Meeting continued:

4. Sizzling Topic Discussion: open dialog
5. Professional Health and Wellness organizations that have been beneficial to you.
6. Fitness Partnerships/special promotions in your community
7. MRPA Updates – Staff report and board liaison: Michelle Snider/Erica Anderson
8. Fitness Section planning for 2010. Topic ideas, locations/host sites, time change/recommendations to ensure everyone can attend. *****If you cannot attend on Jan. 27, please email Beth with meeting day/time recommendation and if you want to be host site for a meeting bwitt@edenprairie.org**
9. Section Liaison updates (Aquatics, Facilities, Parks & Natural Resources, Programming, Step Up to Health, and Administration)
10. Facility Tour & Fitness Class from 12:15 – 12:45 pm Power Toning if you want to stay for your workout!

The next Fitness & Wellness Section Meeting – Wednesday, February 17

Shakopee Community Center

Guest Speaker: Brad Nelson with Kinetic Edge Performance will discuss benefits of Kettlebell Training

MAKE IT FUN INSIDE & OUT!

