

MINUTES
Fitness, Yoga, Pilates Advisory Board Meeting
Time 12:00-1:30 pm
Date: Friday, April 11th
Place: Zoom Conference

Voting Members in Attendance: Jan Blalock, Brett Livingstone, Priyanka Varma, Maythe Ortiz, Sheila Martin

Staff in Attendance: Tara Jacobson, Ameya Bela, Lauralynn Larson, Mackenzie Galindo, Venona Orr, Jen Latourette, Andrea Thomas, Rachel Smith, Carrie Stillwell, Megan Rhodes, Beatriz Camargo

Guests: Monica Anderson, Kali Ma, KD Long, Jennifer Perez, Mitchell Kauk, Gwen Miller, Jodi

Was there a quorum X Yes ___ No

- Call to Order: Meeting called to order at 12:03pm
- Welcome/Introductions: Venona
- Approval of Minutes of Last Meeting – approved by Tara Jacobson.

New Business/Discussion

Yoga Lecture Classes – Repeatability Discussion

- **Ameya** proposed adding extra sections to Yoga lecture classes to allow YTT students to repeat certain courses for deeper mastery. While lectures would remain the same, repeat students would complete different assignments and earn Continuing Education (CE) credits through Yoga Alliance.
- Currently, students cannot retake these courses for credit. Additional sections would provide this option.
- **Venona** explained how lab class sections function and how that model might apply here.
- **Andrea T.** noted that CE classes could be developed through Community Education, and raised concerns about workload fairness for associate faculty. She mentioned that auditing might be an option and referenced her experience in a yoga program that allowed four post-certification audits. Curriculum committee input would be needed.
- **Jenny L.** highlighted the complexity of curriculum development (based on Pilates program experience) and suggested steering students toward CE courses or a 300-hour program. Supported the idea of auditing.
- **Tara J.** clarified that SRJC does not allow repetition of lecture classes once SLOs are met. While creating layered curriculum is a heavy lift, auditing might be a simpler alternative. However, YTT classes currently do not support auditing.
- **Ameya** is interested in pursuing the "layered class" concept and will follow up on the auditing option. Topic to be revisited at the next meeting.

Take Out Tuesday Recap

- **Venona and Ameya** hosted a free pizza giveaway on the Petaluma Campus.
- Strong student turnout and great engagement. They and certificate program volunteers discussed the three certificate offerings with interested students.

- **Andrea** suggested utilizing targeted student messaging (used effectively at her full-time campus) to promote programs more strategically.
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Marketing for Fall 2025

- Plan to launch a more aggressive marketing campaign over the summer for Fall Fitness and Health Coach classes.
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Internship Sites & Job Board

- **Lauralyn** shared **Kim Kinahan's** Spring 2025 Internship Report:
 - **Yoga Program:** 13 students interning at various community sites
 - **Fitness Program:** 7 students interning at 5 different locations
 - **Fitness & Health Coach Program:** 7 students placed at 7 sites
 - Internships are providing valuable teaching experience, networking opportunities, and real-world application in community settings.
 - Faculty are encouraged to share any potential internship openings. Worker's comp is covered by SRJC.
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Community Updates

Brent Livingstone Update – Industry Perspective:

- Fitness clubs, including his own and others in the area, are performing well, indicating strong health in the industry overall.
- Public education on the importance of health and fitness remains a crucial catalyst for industry growth, though it continues to be a slow process.
- Despite decades of awareness efforts, only about 20% of people belong to a health club, and just 6–8% engage in regular exercise independently.
- This leaves a large majority—approximately 70%—without regular physical activity, highlighting significant opportunity for growth and impact within the fitness industry.

Janice Blalock Update – Industry Perspective:

- Club is busy and the team is in the process of hiring 1–2 additional trainers and a few more instructors.
- The *Team Beats* program has proven effective, especially when instructors are out sick. Trainer Caleb has been instrumental in running the program, which allows participants to follow pre-designed classes on three in-room screens.
- These independent classes require minimal equipment and allow sessions to continue without cancellation. Participants are notified via email when no instructor will be present.
- New Kaiser spin bikes have been installed, and digital programming is being explored as a supplementary tool—not a replacement—for instructors. This will support both backup use and on-demand workouts.
- The Pilates department is growing; a private studio was opened to accommodate both private sessions and group classes simultaneously.
- Additional trainers from the certification program have shown interest in teaching and may join the team soon.

Monica Anderson Update– Industry Perspective:

- Continues to see private Pilates clients twice a week and considers herself semi-retired.
 - Has been teaching a weekly online Yoga Sutras class for the past five years (Mondays, 3:30–5 PM), open to all. The focus is on applying ancient teachings to modern-day challenges such as anxiety, politics, and immigration.
 - Emphasizes making the Yoga Sutras relevant and practical for reducing suffering and navigating today's complex world.
 - A new website is now live and reflects a strong Yogic identity.
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Program Updates

Tara Jacobson Update – Pilates Program:

- The first cohort of Pilates students has completed the program, and SRJC provided funding for those who chose to take the National Pilates Certification Exam. Vouchers were obtained through NPCP, and all students who have taken the exam so far have passed. A request has been submitted to renew this funding for next year.
- Guest speakers, including Gwen Miller, have been brought in to enhance student learning, and additional funding has been requested to continue compensating expert presenters.
- The program acquired new studio equipment, including Y loops and moon boxes, and has successfully received all requested items, fully outfitting the studio.
- Based on student feedback, a grant request was submitted to professionally produce short instructional videos for Pilates mat exercises. These would include English and Spanish translations and closed captions and be hosted on YouTube for open access during and after the program. If successful, similar videos will be created for reformer and apparatus exercises.
- Interest in the program is growing, with many students filling out inquiry forms. A former graduate with a federal work-study grant is now assisting with communications and outreach to prospective students.
- Tara expressed deep appreciation for the local Pilates community, emphasizing that their support—through hosting students and sharing expertise—has been critical to the program's success and growth.

Ameya Bela Update – Yoga Program:

- The Yoga program currently has 30 students enrolled, with 21 expected to graduate this year (including fall and spring). Eleven have RSVP'd for the Career Education (CE) graduation.
- The program follows a rolling cohort model, allowing students to begin in either fall or spring.
- Technique classes are held on weekends (Saturday and Sunday) for four weekends per semester, which has been well-received by students.
- Evening Zoom classes continue for Yoga Anatomy, Philosophy, and Methodology.
- New roll and release balls have been ordered to incorporate fascia education into the curriculum.
- The program has hosted several guest speakers and is actively seeking more; Ameya invites recommendations and contacts for potential presenters.

Venona Orr Update – Fitness Program:

- This is the second semester of the program's affiliation with ACE Fitness, which has positively impacted student readiness for certification exams in personal training, health coaching, and group fitness instruction.
- The first Health Coach course is being offered this semester. While the textbook is content-heavy, efforts are being made to balance in-depth discussion with time management.
- Guest speakers, including Sheila (an experienced ACE-certified health coach) and representatives from ACE, have enhanced the course with valuable insights.
- Funding has been secured for approximately 30 exam vouchers, giving students access to certification exams. Unlike other certifications, students can take the health coach exam after completing just the single course.
- Student interest is high, with many opting to pursue multiple certifications.
- For the upcoming Celebrate CE event, attendance is expected from students in all three certificate tracks (personal trainer, health coach, and group fitness). Final attendance numbers are still being gathered.

Kim Kinahan will be helping with Pilates program for CE graduation.

Meeting was adjourned at 1:06.