



WELL Advisory Group Meeting

Wednesday, January 28, 2026, 7:30am

Terrace Suite, The WELL

1. Call To Order, 7:42am

- a. Present: Vi Nigmadjanova, Wayne Linklater, Elena Larson, Laurie Pittman, Phil Thiphakhinleo
- b. Also Present: Rina Chhong, Andrew Reddish, Jessica Swart, Maby Lamotos, JD Dimalanta, Will Hahn, Steven Dasman, Bill Olmsted, Ben Rezendes-Hall, Jill Farrell

2. Public Comment: Members of the audience may address the WELL Advisory Group on any item within its jurisdiction or on any current agenda item. Comments are limited to 3 minutes and the overall time for public comment shall not exceed 15 minutes. Speakers will be required to sign in and identify themselves for the record.

- a. None

3. Consent Calendar: Action Requested

- a. Approval of The WELL Advisory Group Meeting Minutes – December 3, 2025 **MSP: Larson, Linklater**

4. New Business:

- a. The WELL 26-27 Building Hours Proposal: Swart: Action Requested **MSP: Linklater, Larson**
 - i. Swart reviews The WELL 26-27 Building Hours Proposal, which contains three significant changes. The first proposed change is shifting semester Monday through Friday opening from 6am to 5:30am. The second proposed change is shifting closing times from Midnight to 11:30pm on Mondays through Thursdays. Friday closing remains at 10pm. This would allow for a consistent opening time with summer hours as well as accommodating WELL members regularly requesting earlier opening times. This change is supported by data that show high checkins from 6am-8am and lower checkins from 10pm-12am. The last significant change is Saturday hours shifting from 8am-8pm to 7am-7pm. This would assist operationally with the

Event Center by freeing up staff to set up for games. It has also been found that games are easier to manage when the building is closed. Olmsted adds that these changes are data driven and that hours of operation can be revisited if data trends change. Swart also adds that these changes have no impact on programming.

b. Recreation Programs Division Overview: Dasman, Hahn, Lomotos, Rezentes-Hall:

Information

- i. Dasman reviews the Recreation Programs Division which consists of three different departments: Intramurals overseen by Maby Lomotos, Recreational therapy overseen by Will Hahn, and Climbing overseen by Ben Rezentes-Hall.
 1. Lomotos reviews the intramural sports program which offers structured leagues, tournaments, and events for students to participate in. All programs are on Fusion Play which offers a student pass which gives students access to all games during the semester. Offerings include a boulder climbing league, a dodgeball tournament, outdoor sports, and indoor sports. Staffing consists of student program supervisors, event supervisors, and sports officials.
 2. Hahn reviews the recreational therapy program which uses activity-based interventions to address the needs of individuals with disabilities. Offerings includes adaptive sports (adaptive climbing, wheelchair rugby, wheelchair basketball, etc.) and therapeutic horticulture. The department also collaborated with Special Olympics to run unified sports, which primarily serves those with cognitive disabilities. Staffing consists of student supervisors and inclusive recreation attendants.
 3. Rezentes-Hall reviews the climbing program, which offers climbing for all levels and multiple types of climbing such as bouldering, tall climbing, and adaptive climbing. Programs include competitions, clinics, multi-day team contests, free events, community collaboration events, and WELL Builds. Staffing consists of operations student program supervisors, student program supervisors, climbing wall attendants, and lead attendants.

- ii. Larson asks, “Do you have a presence at orientation?” Reddish responds “yes, we table at orientation and speak to incoming students and parents.” Swart adds that we could increase our presence at orientation and have offered to hold a presentation. Linklater asks, “The WELL is part of the campus tour isn’t it?” Swart responds “yes, but they sometimes don’t enter the building.”
- c. Personal Training Introductory Package: Dimalanta: **Information**
 - i. Dimalanta reviews the Personal Training Introductory Package, a one-time three-session package at a lowered cost of \$99. Personal training sessions are currently offered in packages of 1, 3, 5, 10 and 20 sessions with each package decreasing in cost per session. Research showed that three sessions is the optimal number of sessions to cause continued interest. Linklater asks, “Once the \$99 is done, will it go to the other pricing?” Dimalanta responds yes, explaining that the introductory package is a one time offering. Olmsted asks, “Is the free consultation still offered?” Dimalanta responds “yes.” Linklater asks, “If I buy a three session pass and I like the experience, can I buy another three session pass?” Dimalanta responds “no, the current existing pricing tier would be used to purchase additional sessions.” He further explains that the pricing structure is still competitive with surrounding gyms and that if a student’s budget is low, another offering is buddy training where a student may share the cost with another student. Linklater asks, “Can people pay in increments?” Dimalanta responds “no, they must pay it all up front.” Larson asks “Is there a different pricing structure for buddy training?” Dimalanta responds yes. Linklater asks, “Have you considered a loyalty program?” Dimalanta responds that “it is worth looking into.” Swart adds that some personal trainers also teach group fitness classes that are free for students. This benefits not only the clients but personal trainers: personal trainers get more business and clients can attend classes with instructors they are already familiar with. She states that in order to prevent confusion between the introductory three-session package and the regular three-session package, discussions are being held over a different name.

5. Reports and Comments

a. Advisory Group Members

- i. None

b. Executive Director: Olmsted

- i. Olmsted comments that the spring semester is busy due to the budget, planning for the coming year, and wrapping up the current year. He states that he is grateful for everything the organization does and provides for the campus, explaining that with the tremendous anxiety due to current events in the country, it is important to provide opportunities for wellness and community.

c. Director: Reddish

- i. Reddish announces that the next meeting will go over the project list.

d. Assistant Director: Swart

- i. None

6. Adjournment, 9:06am