



WELL Advisory Group Meeting

Wednesday, December 3, 2025, 7:30am

Aspen-Meadow Room, The WELL

Minutes

1. Call to Order 7:38am, Nigmadjanova

a. Present: Adrianna Bartucco-Porter, Jacob Gonzalez, Vi Nigmadjanova, Wayne Linklater, Lisset Cruz, Elena Larson, Laurie Pittman

b. Also Present: Rina Chhong, Andrew Reddish, Clarissa Jimenez, Jessica Swart

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 MSP: Linklater, Gonzalez

a. Approval of The WELL Advisory Group Meeting Minutes - October 8, 2025

i. All in favor, no opposed, no abstentions

4. New Business:

a. Corporate Project Lists and Budget Timeline 2026-27: Information

i. Reddish reviews the corporate project list and budget timeline 2026-27, giving an overview of the budgeting process, the budget of which will be presented to the advisory group before being sent for approval.

Gonzalez asks, "I assume it's public. Have you seen an upward trend?"

Reddish responds, "Upward trend in what, specifically?" Gonzalez

states, "In the overall budget." Farrell responds that expenditures have increased overall, in both operations and project costs. Gonzalez asks,

"Because of those variables, has the university allocated more funds?"

Farrell responds that the campus does not allocate funds, explaining

that the organization is self-supporting from student fees and revenue.

However, the budget does need to be approved by campus. Swart adds

that since student fees make up the majority of the funds, the

organization can be impacted heavily by enrollment. Larson adds that

this fee is one of the mandatory student fees. Farrell adds that

enrollment changes are planned for. Linklater adds that although Sac

State has been able to avoid decreased enrollment so far, high school

enrollment data shows an enrollment decline is coming.

- ii. Reddish briefly reviews the project list structure and shares a few examples of current projects for the 2025-2026 fiscal year, one project being integrating the 15th anniversary which was planned in February 2025 to be done later in the Fall of 2025.
- b. Fitness Division Overview & Staff Development: Information
 - i. Jimenez gives an overview of the fitness department and shares the process of purchasing equipment. Fitness attendants walk the floor daily to take counts of which equipment is being used. Roughly 90% of the equipment in the building are the classics, equipment that has historically seen the most usage while roughly 10% is allocated to current trends. Floor layout, logistics and safety must be taken into consideration. Lastly, a key factor when considering equipment purchasing is the piece of equipment itself. Despite a school discount, equipment is expensive and ease of maintenance is a crucial factor. Linklater states, "I'm interested, was there a discussion around buying versus leasing." Jimenez responds that she was not there for that discussion but presumes the decision was made due to the control that comes with owning equipment as well as financial sustainability. Reddish adds that we like to be able to be agile with equipment options and not be tethered to certain brands for set periods of time (i.e. leasing term). Larson asks, "When it is time to get rid of equipment, where does it go?" Jimenez responds that the process has changed. Prior, old equipment would be traded in. However, vendors no longer take in trade-ins so a partnership was made with Chris Marolla who sells campus surplus items. The proceeds are split evenly between campus and The WELL and despite this revenue split, the amount is higher than what a trade-in would have produced. The WELL also has a partnership with the SPCA to take used towels for the dogs bedding and blankets. Jimenez then reviews the education programs and programming in the fitness department. She explains that prior to covid, The WELL would receive many applications for personal trainers. After covid however, despite the return to in-person patronage, there have been fewer applications or less experienced applicants. To address this issue, The WELL now offers various educational opportunities and mentorships. One such course is an 8 week personal training certification prep course through ACE. If students take this course and subsequently pass the certification exam, they are guaranteed an interview at The WELL. Another educational opportunity is a health coach certification prep

course starting in the spring, as it has become a popular career path and there are plans to have health coaches as The WELL. Larson asks, "Is this provided for students?" Jimenez responds that it was so initially however due to increased interest from people outside of the student population, the course has been opened to everyone with an active WELL membership. Larson asks, "When you have people who apply, there must be some who are turned down?" Jimenez responds that she has not encountered this issue yet but that her initial impulse is to find a larger space to accommodate more people. Reddish states he appreciates that Jimenez identified a problem and took the initiative to find a solution that contributes to the industry. Larson states she thinks it's great and that it aligns with campus initiatives.

- c. Assessment and Storytelling in Campus Recreation: Information
 - i. Reddish combines director report with this information item, reporting 3,500 check-ins Mon-Fri per month which is at or above the quantity of check-ins for a CSU of this size and over 6,000 equipment checkouts per month. Group fitness classes are now free or at minimal cost. The one class that carries a charge is self defense. A student who attended the class took the initiative to provide positive feedback. Reddish encourages people who have stories to send them to him.
- d. WELL Event Center Update: Information
 - i. Reddish gives updates on Event Center, showing photos of the finished space.

5. Reports and Comments

- a. Advisory Group Members
 - i. Larson shares information regarding campus requiring students who live outside of a 50 mile radius to live on campus. She states that of the students who live outside of that radius, 80% already live on campus and this requirement will allow these folks to get priority for campus housing. There are also exemptions: people over 21 years are exempt. Folks who don't meet this requirement but live on campus will have options and won't be kicked out. Discussions are still being held over the requirements, such as the birth date cut-off for those turning 21 as well as how the radius will be zoned. Larson reports that these meetings have only recently included the bursar and registrar. She states that students need to be better informed about costs and financial aid as there have been ongoing problems with students trying to register for the spring semester but are unable to due to holds from unpaid account

balances. Linklater adds that there are similar discussions being held for awarding grants.

b. Assistant Director: Swart

- i. Swart shares membership and attendance numbers from the last month, reporting a 4% increase in memberships from non-students as well as a 15% increase in guest passes. Total check-ins for enrolled students increased by 8% with a 1% increase in unique check-ins. Facility check-ins are down 5% overall which is attributed to the event center construction. Linklater states “I must imagine the gym box had a huge impact on informal rec. Decline is understandable due to closures for games.” Reddish adds that indoor Intramural leagues, which can draw in hundreds of people in a day, had to be cut back due to construction closures and intercollegiate basketball games.
- ii. Pittman reports that a health survey that is done every two years will go out to students randomly in March.

6. Adjournment 9:08am.