



Recreation & Wellness Committee

September 11, 2025 | 12:00pm

Student Chambers (SUN-3305)

ZOOM: <https://csusb.zoom.us/j/88678204840>

MINUTES

Members Present: Sean Kinnally, Trent Morgan, Cintiantl Rangel-Canseco, Diego Rendon, Sarah Sanchez

Members Absent: All members present.

Staff Present: Vilayat Del Rossi, Elizabeth Junker

Call to Order: The meeting was called to order at 12:06 pm.

Roll Call: A verbal roll call of members was conducted. Quorum was met.

Approval of Minutes:

M/S Diego/Rangel-Canseco motion to approve the minutes from April 11, 2025.

Motion passed.

Open Forum:

No members of the public were present for open forum.

Adoption of Agenda:

M/S Diego/Rangel-Canseco motion to adopt the September 11, 2025 agenda as presented.

Motion passed.

OLD BUSINESS

No old business.

NEW BUSINESS

RW 01/26 Election of Committee Chair (Action, Kinnally)

M/S Diego/Rangel-Canseco motion to open RW 01/26 Election of Committee Chair.

The committee opened with nominations for the Chair position. Both Cintiantl and Sarah were nominated and accepted their nominations. Cintiantl, a returning committee member, and Sarah, a first-time member, engaged in a collaborative discussion regarding the leadership role. The committee reached a consensus that Cintiantl would serve as Chair for the fall semester, with Sarah shadowing her in preparation to assume the role in the spring, following Cintiantl's graduation. Mr. Del Rossi expressed support for this succession approach, noting that pairing a returning member with a new appointee promotes leadership continuity and a smooth transition.

M/S Diego/Rangel-Canseco motion to approve item as discussed.

Motion passed.

RW 02/26 Request for Additional Funding: VETI Grant Cardio Equipment Project (Action, Kinnally)

M/S Diego/Kinnally motion to open RW 02/26 Request for Additional Funding: VETI Grant Cardio Equipment Project.

Mr. Kinnally discussed a proposal to replace cardio equipment using \$12,000 from the VETI grant, including six treadmills, one additional climber, and one bike. The committee agreed this was a good proposal, with Cintiantl confirming the need for replacements due to high usage and parts availability issues. Mr. Kinnally explained that while the grant would cover \$12,000, any additional costs would need to be approved by the board and paid for through state funding. The committee requested that Mr. Kinnally bring this back to a future meeting with completed quotes.

M/S Kinnally/Rendon motion to table this item for a future meeting.

Motion passed.

RW 03/26 Upcoming Recreation and Wellness Center projects: day-use lockers, office printer, and wood floor resurfacing and resealing group ex rooms (Discussion, Kinnally)

M/S Rendon/Kinnally motion to open RW 03/26 Upcoming Recreation and Wellness Center projects: day-use lockers, office printer, and wood floor resurfacing and resealing group ex rooms.

Mr. Kinnally provided an overview of upcoming maintenance and improvement projects planned for the Recreation Center. He informed the committee that he may resubmit a VETI Grant proposal for the replacement of aging day-use lockers, which were not funded in the previous cycle. He also plans to bring forward a proposal for replacing the office printer during the current semester. Additionally, Mr. Kinnally shared that he is exploring options for resurfacing and resealing the Group X room floors, with the goal of completing the work during winter or spring.

break. These proposals will be brought to the committee for review and potential action at future meetings.

The committee also discussed the need to promote the saunas more effectively, particularly as winter approaches, and agreed to coordinate marketing efforts. In addition, members clarified the basic usage requirements for the saunas, which include bringing a towel and sandals, and rinsing off before use.

RW 04/26 Committee Brainstorming for Potential Updates, Improvements, or Programs (Discussion, Kinnally)

M/S Kinnally/Rendon motion to open RW 04/26 Committee Brainstorming for Potential Updates, Improvements, or Programs.

The Recreation and Wellness Committee held a brainstorming discussion on potential updates and improvements to the Rec Center. Ideas included adding lounge chairs, painting a coyote mural, and possibly installing a cold plunge bath. The group agreed it would be helpful to gather student feedback through surveys or focus groups to better understand what students want to see. Mr. Kinnally offered to bring sample photos of cold plunge baths to the next meeting to help the committee visualize options. Mr. Kinnally shared that pool hours have recently expanded thanks to more lifeguards being hired. The committee also talked about bringing an InBody scan machine to the wellness center, which would give students access to detailed body composition info. They're considering applying for a VETI grant to fund the \$12,000 equipment, which would offer something different from the DEXA scanner in the kinesiology lab.

As part of a bigger conversation about long-term planning, Mr. Del Rossi shared some background on the Rec Center's history and current budget. He noted that while the Rec has expanded over the years, it's done so without additional funding, something that could be addressed in future planning. Cintiantl expressed interest in expanding Rec Center offerings and improving student wellness access. To help build engagement, the student leaders on the committee planned to table at the Recreation and Wellness Center on Thursday, September 25th, from 5:00 – 6:00 pm to get student feedback on what they'd like to see at the gym.

Announcements/Program Updates

- No announcements were made.

Adjournment

M/S Kinnally/Marsh motion to adjourn the meeting at 12:49 pm.

Reviewed and Respectfully Submitted by:

Cintiantl Rangel-Canseco, Committee Chair

Date