



Bill Lovejoy/Sentinel

Linda Loth, front, and Patricia Coulter use Chaminade's new fitness center.

Fit for business at Chaminade

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THERE ONCE WAS a time when the only relaxation after a business meeting was downing a few at the bar.

But business meetings have changed, and so have those who attend them. Meetings now go by the name "seminar," and business people — not just business "men" — use things other than alcohol to help them relax.

And it's more than just the time-honored pastimes of golf and tennis. Meeting facilities now offer lap pools for swimmers, and in the case of the Chaminade conference center in Santa Cruz, a complete gymnasium.

Chaminade, located in hills above Santa Cruz, has just opened its gymnasium, although the facilities are closed to non-guests. Ironically, the only section in the complex that is

open to the public is the bar and game room upstairs, noteworthy as much as anything for its dramatic view west across the hilly terrain toward UCSC.

EVEN THOUGH the gym isn't open to the public, it's worth sneaking up there and taking a look. There are three main sections to it: a down-sized basketball court, a small aerobics dance floor and a topnotch weight room. Actually, the free weights are tucked away in one corner, and the rest of the room is filled up with weight machines, the hydraulic kind that are billed as a step up from Nautilus.

In addition, there are individual men's and women's locker rooms with saunas, steam rooms and whirlpools. An additional room is set up for massages. And, the fitness center houses a pro shop.

Although the gymnasium was included in the original Chaminade plan, it had not taken

shape until a consultant was hired to see the project through. The consultant, Don Schlossburg, operates Hospitality Fitness Services, a Texas company whose entire reason for being is helping to establish fitness centers at hotels and conference facilities.

SCHLOSSBURG SAYS that hotels and conference centers nationwide have found the need to include gyms or the like in their plans. "Recreation has joined lodging, meeting rooms and dining as vital components in the enhanced learning environment," he says.

"Since a significant percentage of meeting attendees are in their middle years," he continues, "long hours of sitting ... different food, unaccustomed beds and drinking with the 'guys and gals' can lead to ... decreased effectiveness at meetings."

The fitness center at Chaminade came with a \$1.5-million pricetag.