

REPORTS

Committee Reports

A&PB Committee Report

December 10, 2025

The A&PB held their monthly on Wednesday, December 10, 2025, via Zoom. In attendance were:

Committee Members:

Member	Role	Present/Not Present
Gary Hucka	Chair	Present
Paula Martori	Vice Chair	Present
Kate Mann	Committee Member	Not Present
Ann Wheaton	Committee Member	Present
Valerie Hassett	Committee Member	Present
Alexandria Swan	Committee Member	Present
Brian Mullins	Committee Member	Present
Scott Mulrooney	Board Liaison	Present

The committee

1. Reviewed changes to dryer vent specifications proposed by the Covenants Committee member Eric Keber. The proposed changes were discussed and included in an updated to the previously submitted revisions. See attached
2. Verizon fiber building installation - Kate Mann provided a written update on the status of the proposed Verizon fiber build.
3. The Window Diagrams were discussed and the bay window coordination between the Lincoln and Madison unit above was discussed at length. The written specifications will be sent to the Covenants Committee member Eric Keber for review and input.
4. Planning for the APB's 2026 objectives was discussed. The next specification to be reviewed and updated will be the HVAC Specification beginning in January and February after the window I specification which is anticipated to be completed in final for after the January APB meeting.

Meeting adjourned at approximately 8:40 PM.

PARKFAIRFAX CONDOMINIUM UNIT OWNERS' ASSOCIATION

3360 Gunston Road, Alexandria, Virginia 22302-2198

Telephone (703) 998-6315

ROUTINE CHANGE APPLICATION CHECKLIST WASHER/DRYER AND DRYER VENT INSTALLATION

In order to process your application in a timely manner, please be sure **all** of the following information is submitted to the Covenants Director:

- ✓ Completed and signed routine change application for washer/dryer installation.
- ✓ City of Alexandria electrical, plumbing, and mechanical (for vent) permits.
- ✓ Contractors' names and copies of their licenses and certificates of insurance.
- ✓ Diagram/picture indicating the proposed location of the dryer vent in the exterior of the building.
- ✓ Signed and notarized indemnification agreement.

Including these items with the application will help to avoid delays in the approval of your application. **REMINDER:** Applications are typically processed within 10 business days following the submission of a completed application. If you have any questions, please feel free to contact the Association Office.

NOTES:

- ✓ Gas dryers are not permitted.
- ✓ With the exception of condensing style dryers, all electric dryers must be vented permanently to the exterior of the building according to the attached specifications. Temporarily venting a dryer by means of a flex hose placed through a window during periods of operation is not allowed.
- ✓ Because installing a washer/dryer requires modifications to common element plumbing and electrical, Parkfairfax AR #2 requires the work be done by a contractor licensed in Virginia and be permitted and inspected by the City of Alexandria's Code Administration.

- ✓ All plumbing and electrical work performed in the crawl space under the building, including the temporary water shut-off, must be coordinated with Parkfairfax maintenance staff so appropriate notice can be given to the other residents in the building.
- ✓ Replacing an existing washer/dryer in the same location and using the existing modified plumbing and electrical does not require the submittal of an application. However, relocating the washer/dryer will be considered a new installation and will require submittal of an application.
- ✓ Do not begin the installation until you have received written approval from the Covenants Director. If you install your washer, dryer, and/or dryer vent without approval and for any reason your application is not approved, you will be responsible for any necessary alterations to bring your installation into compliance.
- ✓ Lint buildup in dryer vents is a fire hazard. External cages or screens over vent caps are not allowed.
- ✓ Do not vent your dryer at a location where it is susceptible to flooding.
- ✓ Do not vent your dryer directly into your attic or through the roof.

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WASHER AND DRYER INSTALLATION AND DRYER VENT INSTALLATION SPECIFICATIONS

General Instructions

- All installations must be done in accordance with the City of Alexandria code **and** Parkfairfax specifications as well as the manufacturer's specifications.
- Because common element plumbing and electrical are involved with the installation of a washer and dryer, all work must be done by a licensed and insured contractor(s) and be properly permitted and inspected by the City of Alexandria.
- The installation of a dryer vent shall be performed by a licensed general contractor or HVAC subcontractor and be properly permitted and inspected by the City of Alexandria.
- Copies of the contractors' licenses and certificates of insurance shall be submitted to the office as part of the application for routine change. All necessary City of Alexandria permits must be obtained prior to beginning work.
- Water shut-offs must be coordinated with the Parkfairfax Association office at least 48 hours in advance so proper written notice of the shut-off can be given to the other residents of the building. Water shut-offs are done by Parkfairfax Maintenance staff only between the hours of 9am and 3pm Monday – Friday (excluding Federal holidays).
- Do not begin installation of your washer/dryer and/or dryer vent until you receive written approval of your application from the Covenants Director. If you install your washer/dryer and/or dryer vent without approval and for any reason your application is not approved, you will be responsible for any necessary alterations to bring it into compliance.
- If you are replacing an existing washer/dryer unit(s) but are changing the location within your unit and/or changing the type of unit (i.e., replacing a condensing unit with a vented unit) you must submit a new application for Association approval.

- If you are replacing an existing washer/dryer unit(s) and are making no changes in location or type, you are not required to submit an application.
- The owner/resident is responsible for keeping their dryer vent and wall cap in proper working order (include painting existing vent caps) and for removing lint buildup from the vent.

Installing a Washer/Dryer with a Dryer Vent

- Gas dryers are not permitted.
- Electric dryers must be permanently vented to the exterior of the building.
- Installation of washer/dryer must adhere to the manufacturer's specifications and Parkfairfax specifications.
- The following must be included in the installation:
 - (1) A dedicated electrical circuit with a 110-volt/20-amp GFI breaker for the washer. (Confirm with manufacturer's specifications.)
 - (2) A dedicated electrical circuit with a 240-volt/30-amp GFI breaker for the electric dryer. (Confirm with manufacturer's specifications.)
 - (3) Connection of a standpipe for the washing machine's discharge hose to empty into. The standpipe must extend at least 18" but not more than 42" above the trap water.
 - (4) Connection of the standpipe, which receives the wastewater, to the unit's vertical stackpipe or sewer main. This connection may not tie into any other drain line for the unit or adjoining units.
 - (5) A P-trap or a P-trap with an air admittance vent must link the standpipe to the vertical stack or sewer main to prevent the transmission of sewer gases into the unit.
 - (6) New 1/2" hot and cold-water supply lines connected to the building's copper or PEX water lines. The supply lines must be made of braided stainless steel. Each water line must have its own easily accessible shut-off valves in order to facilitate future maintenance.
 - (7) Additionally, an automatic shut-off valve with a water sensor is recommended to be installed to avoid a water overflow.
 - (8) A dryer vent permanently installed to the exterior of the building in accordance with the Dryer Vent Installation specifications.

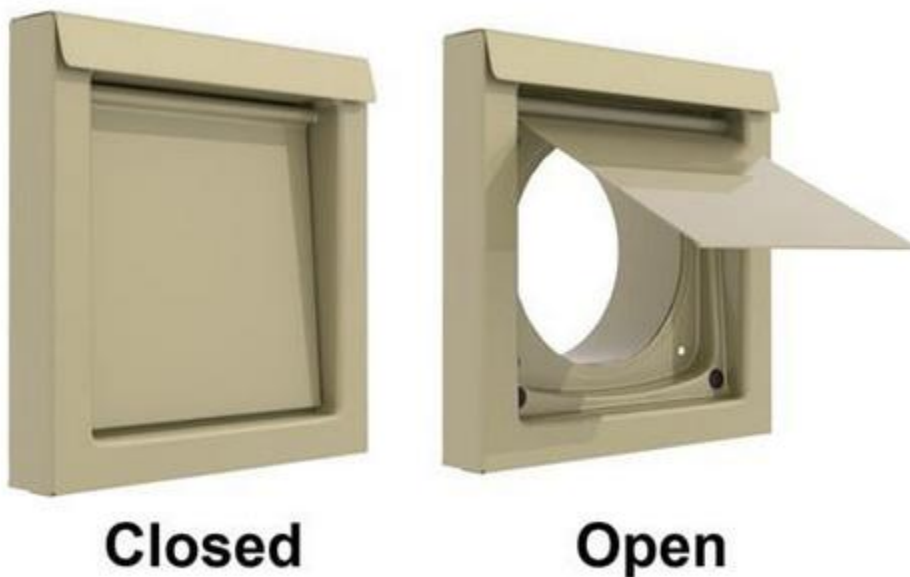
Installing a Washer and Condensing (Ventless) Dryer or Combination Unit

NOTE: Operating a condensing/ventless dryer unit may increase moisture and humidity in your residence. Increased levels of moisture and humidity are associated with the growth of mold. Please be sure to review and follow the manufacturer's instructions for regular cleaning and maintenance of the condenser and lint filter. Additional mold mitigation options include adding dehumidifiers and fans. Any claims regarding mold will be reviewed with this consideration and warning.

- Installation of a washer and a condensing (ventless) dryer must include installation of a standpipe, a dedicated waste line, and open access to hot/cold water shut-off valves.
- The following must be included in the installation:
 - (1) A combination unit (washer and dryer in a single unit) must require a dedicated electrical circuit with a 240-volt/30-amp GFI breaker. (Confirm manufacturer specifications). A washer with a separate dryer must require a dedicated circuit with a 110-volt/20-amp GFI breaker for the washer and another dedicated circuit with a 240-volt/30-amp GFI breaker for the dryer. (Confirm with manufacturer's specifications).
 - (2) Connection of a standpipe for the washing machine's discharge hose to empty into. The standpipe must extend at least 18" but not more than 42" above the trap water.
 - (3) Connection of the standpipe, which receives the wastewater, to the unit's vertical stackpipe or sewer main. This connection may not tie into any other drain line in the unit or adjoining units.
 - (4) A P-trap or a P-trap with an air admittance vent must link the standpipe to the vertical stack or sewer main to prevent the transmission of sewer gases into the unit.
 - (5) New 1/2" hot and cold-water supply lines connected to the building's existing copper or PEX water lines. The supply lines must be made of braided stainless steel. Each water line must have its own easily accessible shut-off valve to facilitate future maintenance.
 - (6) Additionally, an automatic shut-off valve with a water sensor is recommended to be installed to avoid a water overflow.

Installing a Dryer Vent

- All electric dryers installed shall be vented permanently to the exterior of the residence by means of a 4" circular intrusion through the interior walls (if necessary) and exterior masonry wall of the residence.
- The opening shall be covered by an exterior dryer vent cap/cover/hood made out of 26-gauge galvalume. Only vent covers constructed out of 26-gauge galvalume are allowed. If the vent cover has a screen, the screen must be removed to prevent a fire hazard from lint buildup. Cages and screens over dryer vents, which can cause lint buildup and create a fire hazard, are not allowed.
 1. The wall cap shall be 4" diameter and be constructed of 26-gauge Galvalume steel powder coated in brown or white.
 2. The Parkfairfax standard is the Nixalite of American Inc. Model DWV4W with the brown or white factory powder coat finish. The link is: <https://www.nixalite.com/product/dryer-wall-vents>
 3. The wall cap shall have a factory applied powder coat finish. The factory applied finish shall either be brown for the red brick buildings and white for the white washed brick and white paint brick buildings. Paintable silicone caulking applied behind & around the wall cap shall be clear or painted to match the color of the exterior brick.



- The vent hole drilled into the exterior masonry wall shall be a core drilled hole with a diameter not to exceed 4 1/4" in diameter. The hole is to be cored, drilled, or created using a masonry hole saw. Using a hammer drill or hammer and chisel to make the hole is not allowed.

- The plan for location of vents presented below shall be followed wherever possible. Individual building and unit characteristics may require some variation. Therefore, the exact location of where the dryer vent penetrates the exterior wall surface for a specific unit shall be determined by the Association on a case-by-case basis. The dryer vent must not be permitted where it would blow into another resident's unit (Example: directly over another resident's window or directly adjacent to an window) or where it is susceptible to flooding.

Venting through the roof is not permitted. Venting directly into an attic is not allowed by building code and Parkfairfax specifications. A dryer vent with rigid duct is allowed to be run in the attic. End units with an attic can run rigid dryer duct in the attic to exhaust through a vent in the gable end.

A. Two-Story Buildings:

Ground floor installation -

Vent caps shall be at least 12" but not more than 60" from grade (measuring from the top of the hood).

Upper floor installation -

The top of vent caps shall be located at least 6" below the fascia board on the exterior of the building. In no circumstances shall the venting be allowed through the fascia board.

B. Three-Story Buildings:

Ground floor installation -

Vent caps shall be at least 12" but no more than 60" from grade (measuring from the top of the hood).

Middle floor installation -

Vent caps shall be located within the exterior wall areas of your unit.

Upper-floor installation -

The top of the vent caps shall be located at least 6" below the fascia board on the exterior of the building. In no circumstances shall the venting be allowed through the fascia board.

BUC Meeting Report

December 10, 2025

Present: Dan Ebeling (Chair), Lucille Eddy (Board Liaison), Mark, Cindy, Mike, Heather, Scott K

Meeting called to order at 7:06pm

Water Meter Usage Database: Jim and Dan met with Katie Kight to discuss the database project. Jim shared a number of reports and background information. We agreed to keep up communication between Jim and staff to continue to identify areas for water leak mitigation.

WaterWise Update: Lucille reported that the Board asked for more specific recommendations on how to improve the WaterWise program. The committee is assembling historical information and will work on developing recommendations at a future meeting.

Verizon Proposal Update: Dan reported on the progress of the joint committee. Comments were submitted to the Board via Scott Mulrooney.

Laundry/Bike Storage Survey Review: The committee reviewed the results of the Laundry/Bike Storage room survey that was done in September. Four community members surveyed the majority of existing and decommissioned laundry rooms and data was collated in a spreadsheet. We discussed how best to use this data and started developing ideas for improvements to the bike and personal storage spaces and systems. Further refinement on these topics will be done over subsequent meetings.

Meeting Adjourned at 8:48pm

Covenants Committee November 14, 2025

Anita van Breda

Attendees:

Participant	Role	Present/Not Present
Anita van Breda	Committee Chair	Present
Kristine Miller	Committee Vice Chair	Present
Angel Rivera	Committee Member	Present
Jay Figurski	Committee Member	Present
Eric Keber	Committee Member	present
Elaine Lawler	Board Liaison	Present
Lolita Clark	Covenants Director	Present

Applications Considered

Non-Routine Change	Address	Action Taken	Comments
HAVC Mini Split System	3524 Gunston Road	Approved, with stipulation snowbird check and mechanical permit are included in the application packet.	
HAVC Mini Split System	3128 Martha Custis	Approved with stipulation that camouflage requirement, mechanical & electrical final permits are uploaded to application packet.	
HAVC Mini Split System	3775 Gunston	Approved with stipulation, final permits are included in application packet.	
HAVC Mini Split System	1713 Preston	Approved with stipulation dimensions, measurements and distances of compressor placement and condensate line placement details including distance of line to flowerbed, written comments from Alonzo inspection, building permit, and contractor insurance details updated, are all included in application packet.	
Garden boarder	3300 Coryell	Approved	

Deck	3325 Gunston Road	<ul style="list-style-type: none"> ▪ Deferred. Lolita to send CC details of Covenants application denial from 9 years ago for the Committee to review. ▪ Past denied application may need to go to appeal to the BoD versus review by CC. 	Brian Mullins stated he was given verbal approval 9 years ago by former manager Mark Miller to install deck without CC review. And he is not aware of a past application that was denied.
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Other Matters:

- 1) Board Liaison Elaine Lawler:
 - a. The BoD was informed of the CC newsletter submissions.
 - b. Updating the Non-Routine Application is in progress. Estimated completion date TBD.
 - c. Clarification of signature requirements will be reviewed and confirmed in writing as guidance for current and future CC members as part of the updating process.
- 2) Anita provided update on virtual meeting with Katie.
- 3) It was suggested a small budget request be made to hold a Covenants in person “Ask Us Anything” session for residents and participation with Lolita and/or Dana.

The meeting was adjourned at 8:36 PM.

Covenants Committee December 9, 2025

Anita van Breda

Attendees:

Participant	Role	Present/Not Present
Anita van Breda	Committee Chair	Present
Kristine Miller	Committee Vice Chair	Present
Angel Rivera	Committee Member	Present
Jay Figurski	Committee Member	Present
Eric Keber	Committee Member	present
Elaine Lawler	Board Liaison	Present
Lolita Clark	Covenants Director	Present

Applications Considered

Non-Routine Change	Address	Action Taken	Comments
HAVC Mini Split System	3251 Martha Custis	Approved, with stipulation electrical permit is included in the application packet.	
Handicap Parking	1630 Fitzgerald	Approved with stipulation the applicant confirms she is the primary driver (4. B), and that she has not applied to Alexandria City for a handicap spot (4.D) of the PF Parking Resolution.	The handicap space has already been installed.

Other Matters:

- 1) Board Liaison Elaine Lawler:
 - a) Elaine will recirculate most recent draft of the proposed updated Non-Routine Application to the Committee for final review/comments then share with PF attorney for review, prior to submission to BoD.
 - b) Clarification of signature requirements will be reviewed and confirmed in writing as guidance for current and future CC members as part of the updating process.
 - c) The CC would like clarification of when a building permit is required for HVAC installation. Elaine will ask Scott Mulroney for input.
- 2) The November CC minutes were approved with stipulation that 3254 Gunston address is changed to 3524 Gunston.
- 3) Eric Keber offered to draft the next Covenants Corner newsletter article by January 10, for printing in February newsletter (space allowing).

- 4) The APB Committee is reviewing HVAC specifications currently and will invite CC to review proposed updated version.
- 5) The CC will begin planning a Spring Ask Us Anything event.

The meeting was adjourned at 7:57 PM.

Parkfairfax Condominium Landscape Committee Report December 2025

The Landscape Committee met on Tuesday 12/2/25. We reviewed the upcoming transition to Lancaster Landscape Management, discussed proposed FY2026-27 budget items, and addressed several ongoing property management and landscape concerns. The Committee also discussed addressing long-standing issues related to invasive species management, tree health, and property line enforcement for the upcoming budget proposal.

Lancaster Landscape Management Transition

Lancaster will assume full landscape services beginning January 1, 2026.

The Committee agreed to adopt reflectors donated by Lancaster (approximately 2.5' high) to mark garden plots. Reflectors are preferred over the current yellow stakes due to better durability, greater visibility, and reduced mowing interference.

Management is developing a registration system requiring name and address when reflectors are picked up. Discussion included the idea of annual re-registration to monitor abandoned gardens; Committee recommends implementing the current system first before adding complexity.

Property Line & Woods Management Issues

Unauthorized cutting of over two dozen trees was identified in the 600 woods area. While most were dead, the cutting occurred without Parkfairfax authorization.

- Discussion highlighted widespread decline in the oak population at the top of the slope, open canopy conditions, and excessive maple regeneration.
- Climate stress, drought, storm damage, and possible changes in groundwater impacts continue to affect forest health.
- Standing dead trees present safety issues.
- Coordinate with neighboring communities and city resources to address shared landscape and boundary concerns.

Budget Considerations and Proposal for FY2026-27

Areas of discussion for this year's budget proposal include:

- Strong support for increasing the invasive species management budget, citing slow progress and ongoing community-wide issues. The committee emphasized the need for a systematic, long-term strategy rather than piecemeal efforts.
- Property line survey added as a new project, estimated at \$25,000, noting that the last surveys occurred in the 1940s and 1970s.
- Consider having a professional forester assess the decline of the oak population at top of the woods, as current landscape management services are insufficient for this level of evaluation.
- Numerous gaps in hedges require attention; due to English ivy, hedge decline, and lack of care.
- 60% tree replacement commitment is not being met. Many trees are regularly removed but few are planted.
- Drought management plan is not being actively implemented and requires review.
- Parkfairfax has had native plant designs developed for three sites which need to be scheduled and installed. We are suggesting an implementation of one each spring and fall. Additional projects using native plants should be considered, prioritizing high-visibility areas (including some focal points needing refurbishment) and sites needing improvement in stormwater management.

Recreation Committee Report
December 17, 2025

The Recreation Committee met at 7:00 p.m. on December 1, 2025, via Zoom.

Members:

Lisa Harger, Chair
Cindy Engelhart
Megan Shugart
Michelle Wagner
Bob Brown (absent)
Paul Friedman (absent)
Sara Rasmussen (absent)
Karen Terry (absent)
Neel Lassetter (RIP)

Guests:

Michael Ghorbanzadeh

Liaison:

Jim Wicker (absent)

Discussion:

1. Budget

The Committee discussed the draft budget, and further editing occurred via email. We are appending a copy to this report.

2. Gym

The Committee reviewed the results of the gym evaluation that Megan Shugart and her husband prepared. We are appending a copy of it to this report.

Recreation Committee Budget FY2026

Keeping Pool C open later during the Summer Concert series & Movie Night (primarily for bathroom access; requires a lifeguard for safety purposes)	200.00
Establish 3 walking trails with mile markers starting and ending at the Island	300.00
Pickleball Socials	600.00
Pickleball Instruction	1,000.00
Water Aerobics / Exercise Class Instruction ^[1]	1,000.00
Water Aerobics / Exercise Class Equipment	250.00
Swimming Lessons ^[2]	1,000.00
Requested Budget Totals	\$ 4,350.00

^[1] The Committee suggests that the residents pay a nominal fee per class to defray the cost to the Association.

^[2] The Committee suggests that the residents pay a nominal fee per lesson to defray the cost to the Association.

Recreation Committee Recommendations for Operating Budget Allocation

Pool Contract ^[1]

Pool A	65,700.00
Pool B	44,000.00
Pool C	44,000.00
Keeping Pool A open two full weeks in September ^[2]	8,730.00
Keeping Pools B & C open two weekends in September	7,320.00

^[1] These numbers are from last year's pool season and will need to be adjusted.

^[2] The Recreation Committee encourages the Board to consider and decide to extend the pool season sooner rather than later, as we have learned that delay drives the cost up.

Pool Contract Estimated Total **\$ 169,750.00**

Pool Maintenance & Repair

	<i>per unit cost</i>	<i>units</i>	<i>sub-total</i>
Install full-length mirrors in all pool bathrooms	50	6	300.00
Reverse the hinges to the bathroom stalls at Pool A (so you don't have to straddle the toilet to get the door closed)	0	0	-
Replace door knobs to the women's bathroom door at Pool A and both bathroom doors at Pool B (so they cannot be unlocked)	100	3	300.00
Install different locks at Pool A entrance (which would allow people to leave instead of being padlocked in)	300	2	600.00
Install stairs with handrails at Pool C (to reduce accidents on steep seating bank)		1	10,000.00
Install sun sails over the baby pool and in the corners of the Lyon Lanes side of Pool B (current umbrellas at baby pool to be moved to deck area)	150	7	1,050.00
Install umbrellas at Pool A (either using heavy weight base umbrellas (like at the baby pool), using planters as stands, or some combination of both)	700	7	4,900.00
Install bike racks outside Pools A & B (C already has one)	400	2	800.00
Add tables, chairs, umbrellas (all pools)	500	9	4,500.00
Utilize pool vacuums ^[3] (may require input from pool contractor for selection)	2,000	3	6,000.00

^[3] In previous pool seasons, one pool vacuum has been rotated among the three pools. It has a broken cord, which Alonzo has identified as a safety hazard and that requires two lifeguards to operate (one to hold the cord and one to vacuum). It's also unclear as to whether Parkfairfax or High Sierra owns it. The Committee recommends that management investigate this issue and that the pool RFP include advice from the pool management company to ensure that we have the correct equipment to keep all pools cleaned on the same day (and hopefully thus reducing lifeguard hours).

Pool Maintenance & Repair Estimated Total **\$ 28,450.00**

Tennis & Pickleball Maintenance & Repair

Install heavy-duty self-closing door springs at all courts	50	5	250.00
Repair/replace backboard at Martha Custis courts	1,000	1	1,000.00

Tennis & Pickleball Maintenance & Repair Estimated Total **\$ 1,250.00**

Gym Maintenance & Repair (Phase 1) ^[4]

	<i>per unit cost</i>	<i>units</i>	<i>sub-total</i>
Treadmills (if the belts cannot be fixed then the whole machine will need to be replaced, which is what we've estimated)	5,800	2	11,600.00
Recumbent Bikes (2 recumbent bikes are broken)	3,000	2	6,000.00
Cable Machine (probably \$5,000-10,000)	8,000	1	8,000.00
Dumbbell rack and dumbbells	4,000	1	4,000.00
Fitness Bench	500	1	500.00

^[4] The Recreation Committee has listed items above which needs to be fixed or replaced with urgency because they are broken and/or unsafe. After the immediate issues are addressed, we should repair or replace most equipment, starting with the cardio machines. These decisions will/may be further informed by a gym survey and/or in consultation with Heartline.

Gym Maintenance & Repair Estimated Total **\$ 30,100.00**

Fitness Center Evaluation

Red- should be replaced or removed immediately (broken or dangerous)

Yellow- would be good to replace to a newer model at some point

Green- perfectly fine and no need to replace

Upstairs

Locker room upstairs looks like it is not load bearing walls

Walls of treadmill room do not seem load bearing but opening that up would not add much space

Treadmill 1 (next to window)- in fine working order, just feels like there is too much friction on belt and needs to be waxed

Treadmill 2- in pretty good shape, could still use the belt cleaned

Elliptical in treadmill room- Old and should be oiled but works fine

Life fitness spin bike- works fine

Schwinn spin bike- works fine if you fit the seat but it is hard to adjust the seat settings

Star Trac elliptical- seems fine

NordicTrack rower- seems fine

Concept 2 rower- a little old but works fine

Star Trac recumbent bike next to rower- should be replaced, the resistance doesn't stay the same on one level and you can hear the gears catching inside meaning something is broken

Life fitness recumbent bike- Works fine

Star Trac bike next to window- back of seat broken, otherwise works ok

Dumbbell rack

- 2 sets of 2.5
- Set of 5
- Set of 7.5
- Set of 10
- Set of 12.5
- Set of 15

Different set of 20s

20lb kettle bell

Medballs- 4, 6, 8, 10, 12, 14, 25lb sand ball

Random notes-

Medballs should be downstairs

Need to see if anyone actually uses the ballet bar

Downstairs

dumbbell rack

- Rack itself should be replaced -rusting
- many DBs should be replaced (old and rusty)

Cable machine- Old and rusty, should be replaced, doesn't seem safe still

Bench- old and tearing at seams, knob for adjusting broken but still useable

Preacher curl bench- has duct tape on it

Kettle bells- all a bit old but functioning

- 2 44lb
- 1 40lb
- 1 25lb
- 1 30lb

Assortment of bars (need to see if anyone uses these, they seem out of place in the space)

- Squat bar with no rack
- Hex bar (diamond)
- Random 80lb bar

Plates- most are rusty, basically all should be replaced

Machines

- **back extension machine** is fraying and wearing out/rusting
- **Leg press** machine works fine but starting to get a little ratty in the foot pad
- **Lat pulldowns/row**- foot pads getting ratty
- **Incline sit up bench**- leg pads are bad and it should be replaced
- **Fly machine**- seat a bit wobbly
- **Leg curl and extension**- ok but adjustments are a little funky like don't go smoothly and feels like the machine could break if you bump something too hard
- Everything else in decent working order though a bit old

Assorted equipment

Bosu ball- fine

Mats- fine but always good to replace

Stability ball- fine

Large slam ball- fine but does it get used?

Sandbag- does anyone use this? Seems random in this space and just a waste of space

Small dumbbell pyramid- in decent shape

Small Kettlebells- fine

Random notes-

Medballs should be downstairs

Sign for Apollo 11 equipment downstairs by the bathroom does not match any gym equipment.

Is the wooden bench downstairs by the water fountain necessary?

Recommendations-

When updating strength machines make sure to replace with the same type of dual purpose machine or it is not worth updating them.

Padded bumper plates instead of metal plates downstairs

Look into getting a better set up of a cable machine

Create a better space for using mats, stability ball, or small free weights downstairs

If it could work in the space and the community wanted it- look into getting a squat rack/bench press set up for the first room. Then move the cable machine to the back room.

Better storage system for stability ball and bosu so they are stacked and not lying out.

Get rid of

- Seated calf raise machine
- Ab crunch machine
- preacher curl bench

Questions for survey

- Do you use the locker room upstairs?
- Do you shower at the gym?
- Do you use the ballet bar upstairs?
- Do you use the sandbag?
- Do you use the slam ball?
- What machines do you use?
- What equipment do you never use at the gym?
- What types of equipment would you like to see that aren't there?
- Since space is limited, to put in the equipment you would like to see there what equipment would you be willing to get rid of?
- Would you use a straight bar or hex bar with plates if that was available?
- Would you use a squat rack/bench press set up if that was available?
- What would be your first priority in improving the fitness center?

From: [Bob](#)
To: [Dana Cross](#)
Subject: Minutes of 01 December 2025 Parkfairfax Transportation and Land Use Committee (TLUC) meeting
Date: Wednesday, December 3, 2025 11:15:15 AM

The TLUC held its last meeting of 2025 on 01 December in the Community Room. In addition to transportation matters, those gathered celebrated a special birthday for a very special and long-serving TLUC member.

Unfortunately, we also learned of the recent passing of former TLUC Board Liaison and community leader, Robin B. Woods. Robin represented Ward 5 for decades, and served Parkfairfax in countless ways even as her health declined. She is definitely missed.

Among the topics discussed by the TLUC were:

- FY27 Budget Input – due 8 December 2025
- EV Charging Stations
 - At the 19 November Board meeting, the Directors voted 6-3 to proceed to the RFP stage
 - I will be working with Management on developing an RFP for a “turnkey” installation on Ravensworth Pl. (3100 blk)
 - Once proposals are received in response to the RFP, the Board will be asked to decide on whether or not to proceed.
- Traffic Calming
 - 12 November 2025 marked the 1st anniversary of the Parkfairfax Traffic Calming Townhall
 - An all-way stop has been installed at Gunston and Chalfonte (an all-way stop was previously installed at Preston and Valley)
 - Other traffic calming devices, including speed cushions, painted curb extensions and crosswalks have been delayed due to City scheduling, and will likely not be implemented until next spring.
 - Ongoing construction at Gunston and Lyons is awaiting further explanation.

The next monthly TLUC meeting will be 05 January 2026 at 7 PM in the Community Room. Happy New Year to one and all, and I’m looking forward to seeing EVERYONE in January!

Best regards,

Bob

Bob Gronenberg

Chair

Parkfairfax Transportation and
Land Use Committee (TLUC)