



Staff Report

Date: July 17, 2026

Subject: July 2026 Evolutions Fitness & Wellness Center Update

Attachment(s): Nutrition Foundations DRAFT Participant Workbook Pages; July 2026 Evo Merch Catalogue DRAFT

EV Chargers Update

As approved and directed by the Board of Directors at the April 22, 2026 Board Meeting, staff have finalized the agreements with XLR8 for the installation of EV chargers in the east parking lot of Evolutions Plaza. The next step in this process will be XLR8 engaging with the utility company (SCE), and once that is completed we will be able to move forward with construction planning for installation. XLR8 has given us an estimated timeline of 3-6 months, pending all necessary approvals from the utility company. We will keep the Board apprised of further updates as they become available.

Nutrition Program Update

Staff are making significant progress in the planning for the pilot Nutrition Program at Evolutions. Curriculum has been developed, and marketing materials are well underway. The pilot program is planned to launch late August/Early September. The decision to postpone the program to August/September was intentional, as the industry interest in programs like this tends to peak prior to the holiday season, after summer activities begin to die down. A draft of the Nutrition program Participant Workbook is attached to this report for your reference.

Analytics Report

June demonstrated another month of strong operational performance and continued growth. Evolutions concluded the month with 6,735 active members, representing a net increase of 48 members compared to the previous month. Total new memberships (including guest members) for the month ended at 336 new members. Facility utilization continues to be strong, totaling 24,192 visits, including 310 first-time visitors, and 3,723 unique visitors. Financial performance also remained solid, with operating revenue exceeding budget expectations and expenses remaining well managed.

Operational Updates

Evolutions Merch – Staff have completed the process of sourcing and designing Evolutions branded merchandise. Designs have been created with the sourcing company, and are currently being integrated into our Evolutions website. Samples are currently being ordered for a final quality check, and these samples will be used as display items in the facility. The Merch catalog is attached to this report.

Facility Signage – The updated facility signage has been received and mounted. This updated signage has been very well received and has proven to improve wayfinding within the facility as well as reference for facility use rules and guidelines. The signage reflects updated branding and brings a more cohesive look and feel of the facility.



Tulare Local Healthcare District

Elevate Health & Fitness – Evolutions is excited to partner with Eric Small and the Elevate Health & Fitness team to host a free community bootcamp program scheduled for July 25. To date, 9 participants have registered for the free class, and we anticipate planning future popup events like this if it is well received.

Member Experience – Evolutions management team is placing a heightened focus on customer service and staff training. Evolutions Fitness & Wellness Center values it's members, and we want them to have a great experience that is reflective of the mission, vision, and values of the District every time they walk through the door. With the new Member Experience Manager position filled, we will be focusing heavily on staff training and process improvement over the coming months to ensure a consistent, high-quality experience for all.



NEW PROGRAM!



NUTRITION FOUNDATIONS

• *An Evolutions Wellness Program* •

LEARN NUTRITION.
BUILD HABITS.

Transform Your Life.

A 6-week beginner nutrition education course designed to give you the knowledge and confidence to make healthier choices every day.



EVIDENCE-BASED
EDUCATION



PRACTICAL TOOLS
FOR REAL LIFE



SUPPORTIVE
COMMUNITY



NUTRITION FOUNDATIONS

• *An Evolutions Wellness Program* •

PARTICIPANT WORKBOOK



WELCOME!



Congratulations on investing in something that can benefit you for the rest of your life! Whether your goal is to improve your health, have more energy, lose weight, enhance athletic performance, or simply to build healthier habits, you've taken an important first step.

Nutrition Foundations was created to give you the knowledge, practical tools, and confidence to make informed nutrition decision that fit ***your body, your goals, and your life.***

Once of the most important things you'll learn is that healthy nutrition rarely looks identical for any two people. Our bodies, lifestyles, preferences, culture, schedules and health goals are all unique to us. That's why this program isn't abo following someone else's meal plan, it's about understanding the principles of nutrition so you can create a way of eating that is realistic, enjoyable, and sustainable for ***you.***

Over the next 6 weeks, we'll build that foundation together.

Welcome - we're glad you're here!

MY NUTRITION FOUNDATIONS JOURNEY

Participant: _____

Program Start Date: _____

Instructor: Jeremy Lagow



TABLE OF CONTENTS



Program Overview	1
Meet your Nutrition Coach	3
How to Get the Most Out of This Program	5
Nutrition basics and understanding macronutrients	7
Building balanced meals	8
Meal preparation and grocery planning; Understanding food labels	9
Nutrition for energy and recovery	10
Family-friendly nutrition strategies	11
Sustainable eating habits & lifestyle changes	12
Progress & Reflection	13
Resources & Next Steps	15

PROGRAM OVERVIEW

Nutrition Foundations is a 6-week cohort-based wellness program that combines evidence-based nutrition education, supportive group coaching, and a community of individuals working towards healthier lifestyles.

Healthy nutrition rarely looks identical for any two people. Our age, activity level, medical history, family life, culture, food preferences, schedules, and personal goals all influence what “healthy” looks like for us. Rather than another “one-size-fits-all” diet, this program will help you understand the *why* behind nutrition so you can confidently build eating habits that support ***your body, your goals, and your life.***

Led by an experienced nutrition coach with over 16 years of experience, this program provides practical nutrition strategies you can confidently apply in everyday life. Each session is designed to simplify nutrition, encourage meaningful discussion, and help you build sustainable habits through education, accountability, and real-world application.



6-WEEK COHORT

One 60-minute class per week.



SUPPORTIVE COMMUNITY

Learn alongside others in judgement-free environment.



EVIDENCE-BASED EDUCATION

Understand the facts behind nutrition so you can make informed choices.



EXPERT GROUP COACHING

Receive guidance from an experienced nutrition coach.



PRACTICAL TOOLS

Take home resources and strategies you can apply immediately.



PERSONALIZED APPLICATION

Learn how to adapt nutrition principles to your lifestyle, goals, and preferences.



BUILT FOR LIFE

Leave with the confidence and skills to create lasting healthy habits.

YOU'LL LEARN HOW TO:

- ✓ Understand macronutrients and nutrition basics
- ✓ Build balanced meals
- ✓ Grocery shop with confidence
- ✓ Read and understand food labels
- ✓ Meal plan for your lifestyle
- ✓ Improve energy and recovery
- ✓ Build habits that last

MORE THAN A MEAL PLAN

Nutrition Foundations isn't about telling you exactly what to eat. It's about helping you understand why nutrition matters and giving you the knowledge to make informed, confident nutrition decisions that support your body, your goals, and your lifestyle, every day.



MEET YOUR NUTRITION COACH

JEREMY LAGOW

NUTRITION COACH PERSONAL TRAINER

For more than 16 years, Jeremy has helped hundreds of individuals improve their health through practical fitness and nutrition coaching. His passion is helping people cut through the confusion of fad diets and conflicting nutrition advice to build sustainable habits that create lasting results.

Jeremy combines evidence-based nutrition education with years of real-world coaching experience, empowering people to make healthier choices that fit their lifestyle.

- ✓ ISSA Certified Sports Nutrition Certified
- ✓ ISSA Certified Personal Trainer
- ✓ Precision Nutrition Level 1 Certified
- ✓ Weight Management Specialist
- ✓ Corrective Exercise Specialist
- ✓ HIIT & Kettlebell Certified
- ✓ Muay Thai Coach



NUTRITION
FOUNDATIONS
• An Evolutions Wellness Program •



Before We Begin

You don't have to be perfect.

You don't have to know everything.

You don't need to overhaul your life overnight.

You simply need to be curious, willing to learn, and open to building healthier habits - one step at a time.

This program isn't designed to tell you what to think. It's designed to help you understand nutrition well enough to make informed, confident decisions for yourself, for years to come.

“

A NOTE FROM YOUR COACH

“I started out as a personal trainer and quickly realized that exercise is only one piece of the puzzle. I saw so many clients getting frustrated with fad diets, yo-yo dieting, and all-or-nothing mindsets. They were working hard, but not seeing the results they wanted - because they didn't have the right foundation.

That's why I got into nutrition. Because I wanted to help people cut through the confusion, build confidence, and create habits that actually last.

I'm excited to go on this journey with you.”

Jeremy Lagon



How to Get the Most Out of This Program

This program is designed to give you the knowledge, tools, and support that you need to build lasting habits that support a healthier lifestyle. You bring the commitment.

HERE'S HOW YOU SET YOURSELF UP FOR SUCCESS



SHOW UP FOR YOURSELF

Attend each class, arrive on time, and stay present. Consistency is where transformation happens.



BE AN ACTIVE PARTICIPANT

Ask questions, share your experience, and engage in discussion. Your voice adds value to the group.



CONNECT & SUPPORT OTHERS

You're not alone on this journey. Build relationships, encourage others, and lean on the community.



APPLY WHAT YOU LEARN

Use the tools, worksheets, and strategies. Small, consistent actions add up to lasting habits.



BE PATIENT & KIND TO YOURSELF

Progress is rarely linear. Focus on progress, not perfection!



“

This program is an investment in your future self. We're here to help you make it count.

EAT WELL.



MAKE IT WORK FOR YOU

Life is busy. Use these tips to stay on track and make the most of your time in the program.

PLAN AHEAD

Review the topic before class and think about how it applies to your life. Come prepared to learn and take action.

USE YOUR WORKBOOK

Take notes, complete the activities, and refer back to your workbook throughout the week.

EXPERIMENT & ADAPT

Try the strategies, adjust as needed, and find what works best for you.

ASK FOR HELP

Your coach and group are here for you. Don't hesitate to ask questions or seek support.

CELEBRATE WINS

Notice the small wins - they add up! Every positive choice moves you forward.

REMEMBER

This isn't about achieving perfection.
It's about making better choices,
building confidence, and creating
habits that support your health for life.

You've got this!

MY WHY

Take a moment to reflect on why you joined this program and what you hope to achieve.

Revisit this when you need motivation.

I joined this program because...

By the end of the 6 weeks I hope to...

LIVE BETTER.

evo MERCH CATALOG

APPAREL. GEAR. LIFESTYLE.
MADE TO MOVE WITH YOU.



APPAREL




Designed with purpose,
comfort, and performance in
mind. Wear what moves you.



HEADWARE



ACCESSORIES



BEACH TOWEL

