

IN THIS ISSUE...

HPA HQ 1

Staying on the Cutting Edge

Mon Valley 2,3

CFH Annual 5K/10K

Internet Safety for Seniors

Breast Cancer Awareness Activities

Meridian 3,4

City Health Fair

Member turns 98

CrossFit Corner

Bay City 5

Bootcamps Growing

Health Eating

Congratulations to one of our own

Pascagoula 6

Women's Health Expo

Mindfulness Class

30 Day Challenge

Monterey 7

Halloween Celebration

7 Functional Movement Screening

Group Training Orientation

Odessa 8

Food For Thought Luncheon

New Equipment

Heart Walk

Valencia 9

Performance Institute Opens

Reformer Studio Opens

Good Will Ambassadors

Thomaston 10

Grandparents Day Pool Party

Miles Matter

Welcome Deborah Bruce

Indianapolis 11

Power Plate Workshop

Deadlift and Squat Workshop

Wellness Booth for Health Recipes

HR Corner 12

In the news

STAYING ON THE CUTTING EDGE

We've all heard the famous Einstein quote that the definition of insanity is doing the same thing over and over and expecting a different outcome. Unfortunately, that's been the modus operandi of our health system until recent years. Now we are seeing an ever-rising tidal wave of change that, for better or worse, is increasingly sweeping the "system".

As a company, and a group of leaders who pride ourselves on innovation, our senior management crew is dedicated to staying on top of, and getting ahead of the changes, trends, innovations and developments in wellness, fitness and lifestyle modification. Population health initiatives are our mantra.

One of the more important ways we achieve this is through our annual leadership conference. While HPA leaders meet monthly via skype, GoToMeeting and the like, there's no replacing that face to face interaction and opportunity for idea generation that we put together every year.

This year was no exception and perhaps was the best conference we ever had. Thanks to the rich healthcare and academic resources in Indianapolis (home of the Indianapolis Healthplex!), we were able to interact with some of the best minds in the country on a variety of topics. Our keynote was from Dr. NiCole Keith, incoming President of the American College of Sports Medicine (ACSM) who gave us her vision of the future for our



industry. Another ACSM speaker was Robyn Stuhr, Vice President of ACSM who leads the national "Exercise is Medicine" (EIM) effort for the College.

Other members of the faculty led us through the latest innovations in fitness and lifestyle modifications for cancer treatment, Parkinson's, exercise programs for developmental disabilities, latest developments in metabolic training and Osteopathic principles applied to sports injuries. I'm sure that those with a background in the science of exercise physiology understood a lot more than I did, but even I was impressed. Not to be ignored, however, we also took a deep dive into how social media is being applied in our facilities thanks to our own Joanne Rosenberger from our California crew.

I walked away knowing that with our wellness centers in the hands of our HPA leadership crew, the future for our clients is bright!



Stephen A. Robbins, Esq

MON VALLEY...

CFH ANNUAL 5K / 10K RUN AND WALK

The Center for Fitness recently held its annual 5K / 10K Run and Walk along the Youghiogheny River Trail. The August weather cooperated as we had a beautiful day for the event. We had over 50 participants, many of whom brought their four-legged friends for the walk. The event was the culmination of the Couch to 5K Training Program, an 8-week training regimen for members who have never participated in a race. The program had 10 participants, all of whom finished and were handed a 5K car decal to proudly display. Long time member Rebecca, had this to say about the program and race; "I never thought I would enjoy running, but I felt like I needed a new fitness challenge. I saw the Couch to 5K Program promotion at the Club, so I decided to sign-up. I really enjoyed the program and became friends with some of the other members. Our plan is to continue to run together and look for other area races to participate." Prizes were handed out to all age group winners!

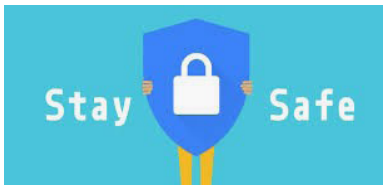


Putting **your health first.**

Center for Fitness and Health



INTERNET SAFETY FOR SENIORS



In an effort to be more than just a fitness center to our members, The Center for Fitness and Health recently hosted a seminar on "Internet Safety for the Senior Population." Ward Moser, the Director of Information Technology at Mon Valley Hospital conducted the seminar. Ward cautioned the members that the 65 plus age group is the single most targeted group for potential internet scams. Typical scams may include credit card fraud, identity theft and embezzlement.

The seminar was well attended by the senior members who had many questions concerning safe use of their computers and smart phones. The positive response to the information presented prompted The Center for Fitness and Health to offer quarterly computer training sessions for seniors. Don Doyle, General Manager had this to say about the session "having the hospital's resources for education and understanding the growing use of technology by our senior members, we wanted to assist their efforts in staying safe and educated on internet usage."

THE CENTER FOR FITNESS AND HEALTH SUPPORTS BREAST CANCER AWARENESS MONTH

CFH kicked off October by showing support of Breast Cancer Awareness Month. All new members who joined in October paid a discounted joining fee, which the Center donated to Mon Valley Hospital's Mammography Department. The Center also hosted many member events throughout the month and donated all proceeds to the hospital. All Group Exercises classes held on Fridays in October were themed "wear pink and kick cancer's butt". CFH also sold pink shirts with all proceeds being contributed to the mammography department.



(More on Mon Valley see page 3)

MEMBER SPOTLIGHT

Member Morgan Einodshofer, pictured with Personal Trainer Sean Boyles, is a sophomore at Belle Vernon Area High School. Last spring, Morgan suffered stress fractures in both of her legs during the school track season. Upon completing physical therapy, she wanted to continue getting stronger to help her in the upcoming soccer season. Morgan is a tremendous star player, and she wanted to avoid re-injuring herself during the upcoming soccer season.

Morgan started training with CFH trainer Sean Boyles in June 2019, and she hasn't looked back. Morgan has participated in strength training, building speed, agility and quickness while training with Sean. She is now having an outstanding sophomore campaign scoring 21 goals and recording 17 assists with four games to go in the regular season at this writing. "Morgan has developed a passion for getting better on and off the field. Her strength has drastically improved, and her peers all respect and look up to her," says trainer Sean Boyles. Sean is extremely grateful to have the chance to help Morgan succeed!



FREE HEALTH FAIR FOR THE CITY OF MERIDIAN

The Student Health Coalition of Mississippi held a free health fair in Meridian, MS at The Tommy E. Dulaney Center on July 20, 2019. The health fair provided free blood pressure, blood glucose, and BMI screenings for individuals ages 18 and above. According to The Student Health Coalition of Mississippi, "Community Health Screenings such as this one serve to provide free services that act as preventive care for people in the community. Regularly checking blood pressure as well as blood glucose levels keeps an eye out for preventable illness and diseases like diabetes or hypertension."

Physicians and other representatives from the community were available at the health fair to answer questions from the participants about screening results. Participants were provided with informational pamphlets on healthy living and ways to get plugged into Meridian's resources to help prevent and/or manage disease. Participants were also given a list of local physicians that served as a referral sheet for people without a primary care provider.

Anderson Regional Health System and Anderson Health & Fitness Center each had a booth at the event with representatives providing educational resources and an avenue to manage health goals.

MERIDIAN...



Pictured: Work Health Team from Anderson Regional Health System

Pictured: (left) Denton Farr, Vice President of Operations and (middle) Adam Hodges, General Manager of AHFC and (right) Chris Cornett, Physician Recruiter



Pictured: (left) ReAnn Chatham, Front Desk Coach and (right) Mallory Hardy, Membership Services Director

MEMBER CELEBRATES 98TH BIRTHDAY



Pauline Grace, a member of Anderson Health & Fitness Center, recently turned 98 years old. Pauline is in amazing shape for her age, and she has been working out with personal trainer Bryce Branning several days each week for over 2 years. Mrs. Pauline also comes into the Center a few times per week to use the walking track, the NuStep machine, and chat with her friends. According to Branning, "We do what we can some days- she pushes through, and she's actually one of my most dedicated clients. She's here on time and gives me all she has."

According to Mrs. Pauline's son, "She is very giving and very compassionate. She is very active in her church, and as you can see from all of the people here, she's very social and outgoing." According to Mrs. Pauline, the secrets to her longevity are: "Healthy living, good food, taking care of yourself, and having lots of friends." Mrs. Pauline also reads two books per week and goes fishing.

We were happy to celebrate this momentous occasion with Mrs. Pauline. She was even featured on the local news!

CROSSFIT CORNER



LADIES NIGHT AT CROSSFIT TORMENT

Crossfit Torment hosted a Ladies Night Workout on Friday, July 12, 2019 with free childcare. The CrossFit Workout included basic Crossfit movements partner style with scaled options for any fitness level. The party included Mexican themed foods, dessert, and décor. This was a means of bringing the local Crossfit community together and inviting others to try Crossfit including our members under the basic membership option. A fun night was had by all and another night is being planned. We even gained a few new members because of this event.

Crossfit Torment recently competed in The South Central Summer Games at Three Lions Crossfit in Richland, Mississippi. Two employees competed and placed in the individual competition: Adam Hodges (General Manager) 2nd place and Thomas Stephenson

(Fitness Attendant) 2nd place. Crossfit Torment also had three teams place in the team division. In first place was Thomas Stephenson and friend Daniel.

Coming in second place were members Stacy Moffett and Casey Haarala. In third place were member Mandi Alford and Crossfit L1 Amy Way. We are super proud of these athletes!



Pictured: Stacy Moffett and Casey Haarla (left); Amy Way and Mandi Alford (right)



Pictured: Thomas & Daniel (middle)

BAY CITY...

MRMC Wellness Center continues its growth toward membership. The Club is now officially 15 members away from 500. The Wellness Center has now grown to be not only the place to be for fitness and wellness, but is now offering more group exercise opportunities, educational and nutritional classes, along with community fitness outreach.



MRS. KIM'S BOOTCAMPS ARE GROWING!!

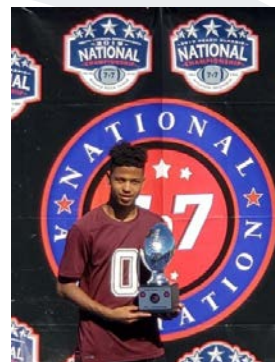
Our boot camp instructor Mrs. Kim has grown our boot camp classes into a very popular and intense part of what the Center offers. Classes are held 3 times per week at different times throughout the day and have grown to be very popular among members and the local community. Each class is focused on some different body part and she does an excellent job in making sure each person is performing the exercises correctly along with modifying the exercise for the individual's level. Members constantly give positive praise about how the boot camp is conducted along with the results they are now able to see.

MRMC HOLDS HEALTHY EATING EVENT IN COLLABORATION WITH TEXAS A&M

The MRMC Wellness Team hosted a healthy eating event which had an attendance beyond our expectations. There were slots for about 60 people but the event had a total attendance of more than 100 people. Those who attended learned how to prepare healthier meals using common food options. The attendees also received screening services such as blood pressure as well as weight and other body composition measures. All attendees got a gift bag with goodies that included a pedometer, cook book, t-shirt along with other small items. During the night the wellness team was also able to talk about the benefits of using the Center and changing their nutritional habits. The end result was that the community had a great educational experience and the Wellness Center gained 6 new members!

CONGRATULATIONS TO ONE OF OUR VERY OWN ATHLETES

The MRMC Wellness team would like to congratulate our very own athlete Marcus Edwards who participated in our year-round sports performance training program during the summer as well as being involved in our "in season" and "out of season" conditioning programs throughout the year. His hard work, talent, and dedication that he brought to each workout, and the way he plays football has paid off as he now has garnered interest and offers from University of North Texas, Houston Baptist University, and Tulsa. MRMC Wellness Coordinator Ronnie Arnold (who played and coached on the collegiate level) spoke highly of Marcus, saying: "the leadership skills along with drive he brought to each workout session regardless of the time and intensity of the sessions were amazing, He will be a huge addition to any college team that he plays on."



MATAGORDA REGIONAL
MEDICAL CENTER
WELLNESS & REHABILITATION



PASCAGOULA...



Singing River Healthplex hosted the Huntington – Ingalls Women's Health Expo on 8/22/19 for all employees and spouses of Huntington – Ingalls. Located in Pascagoula, MS and a Group Discount Partner of Singing River Healthplex, Huntington Ingalls Industries is America's largest military shipbuilding company and a provider of professional services to partners in government and industry. The Expo showcased information on women's nutrition, mammograms, stress management, and much more. Singing River Healthplex offered discounts on membership and showcased the Wellness Spa by offering free chair massages.



Singing River Healthplex launched our 30 Day Challenge program in October! The program features support for motivation and accountability in this intense results-oriented small group training program. Members have a goal of 3% body weight loss. If they succeed they get 2 free months of membership!!

HEALTHPLEX

SINGING RIVER HEALTH SYSTEM™



As part of our efforts to support members in living a healthy lifestyle, a special event, "Mindfulness: Living in the Moment" was held at Singing River Healthplex. The session focused on what it means to "live in the moment" in today's modern world. Smartphones and a variety of other distractions can make it hard for us to focus on the here and now of our modern lives. Members joined us for a healthy dose of perspective, and strategies they could use to achieve maximum mindfulness.

Welcome Aboard Jennifer Burgess Singing River MSD



MONTAGE WELLNESS CENTER CELEBRATED HALLOWEEN WITH BOTH EMPLOYEES AND MEMBERS.

The Center's staff threw a Halloween party the weekend prior to the holiday for some fun and team building. Food, games and pumpkin carving were on the agenda and some great costumes just added to the occasion!!

The day brought a number of surprises as multiple team members spent the day in costume. Unfortunately, Halloween fell on the same date as our weekly manager meeting, but business continued as usual, with a notable new look for leadership.



GROUP STRENGTH TRAINING ORIENTATIONS



Clinical Coordinator, hosted multiple group orientation sessions on the Life Fitness selectorized equipment and cable machines. Over 100 participants went through the 30 minute orientation and many followed up with individualized assessments and personal training.

During the evaluation of Montage Wellness Center's annual member survey the Club found that many long term members were looking for additional/renewed guidance on strength training. During October, our training staff, led by our



MONTAGE
Wellness Center

7 FUNCTIONAL MOVEMENTS SCREENING



One of the more popular activities at Montage Wellness Center are the clinical screenings based on a specific topic chosen for each month. In August, MWC hosted a 7 Functional Movements Screening to analyze participant's natural movement abilities. The screening consisted of squats, getting up from the floor, crawling, heel-to-toe walk, push-up, single leg balance, and lunge. Participants received a grade based on their abilities to perform each movement and were able to keep their individual report card.



The importance of this screening is to help participants connect the exercises they do in the gym to everyday life activities and to realize why they are important. MWC had a total of 45 members and nonmembers participate in this screening with some who signed up for a health risk assessment to learn more on how to improve these movements. Some participants even took it to the next level and invested in personal training to get the best possible results!

FOOD FOR THOUGHT LUNCHEON

Mission Fitness trainer Cynthia Brock spoke to Medical Center Health System's Hand-In-Hand group regarding the importance of self care.



The crowd of 90 learned tips and tactics to make sure your health is a priority.

"Often we over-complicate our fitness routines. It was good to hear a common sense approach to getting more active and staying that way through all stages of life," said Susan Thornton, MCHS Community Relations Director.

MISSION FITNESS ADDS NEW EQUIPMENT

Mission Fitness has experienced incredible growth in the past year. To accommodate, five new pieces of exercise equipment have been added.

"The new equipment and a revised floor plan should allow for more efficient workouts for our members and guests," said John Douthitt, General Manager.



2019 HEART WALK

On September 14th, the Heart Walk was held on the grounds of the Center for Health and Wellness.

"Participants raised \$112,988 for the American Heart Association here in the Permian Basin. The dollars raised go to programs such as ensuring that the 5,600 babies born each year in our area receive a mandatory newborn screening for congenital heart defects and other diseases, said Ashley Quintana, American Heart Association Corporate Market Director.



One such child whose screenings indicated a heart issue was Holton Hill, the 2019 Walk Ambassador shown in the photograph above being introduced by his mother, Stephanie.



The UTPB Falcon Baseball team warming up before the walk.

VALENCIA...

PERFORMANCE INSTITUTE NOW OPEN

Henry Mayo Fitness and Health is pleased to announce the opening of The Performance Institute! This is a new section of the facility opened for members to exercise their rights to movement! The Performance Institute will bring a different level of fitness and intensity to Henry Mayo Fitness and Health by providing new equipment, space, and programs for our members to take advantage of. A turf strip with sleds and battle ropes, four Cybex squat racks,



four Olympic lifting stations with Olympic training bars, dual Keiser machines, Dynamax slam balls with a reinforced wall are just some of the new tools this area



will provide for our coaches and members to utilize. The new area will allow us to start athletic development programs for area athletes ranging from after school youth development programs to competitive sport performance programs for high school athletes and above. We will also be incorporating injury prevention programs along with "return to play" services for athletes returning from an injury or finishing their rehabilitation.



HENRY MAYO
FITNESS
AND
HEALTH



In August, Henry Mayo Fitness and Health was able to play "good will ambassador" as we hosted the Shandong Xiwang Heroes. The Shandong Heroes are a Chinese professional basketball team based in Jinan, Shandong, which plays in the Northern Division of the Chinese Basketball Association. The Shandong Heroes spent 2 and a half weeks at the facility working on their game with American coaches both on the courts and in the weight room. The team was so extremely impressed with the facilities and service at Henry Mayo Fitness and Health that they have requested to return next year. We are looking forward to having the Shandong Heroes for many more years to come.

PILATES REFORMER STUDIO PROGRAMMING ADDED

In addition to the fitness programs, The Performance Institute will also include a Pilates reformer studio! Our membership survey reported a high demand for a Pilates program. With mat Pilates already in place, our next step was to add this Pilates Reformer Studio. The reformer studio includes 6 top of the line, high-quality Merrithew reformers. We currently offer private training and semi-private classes. Our certified instructors are capable of working with members of all different fitness levels with the same goal of increasing core and postural strength, improving mobility and increased mind/body awareness. We have already seen a high-volume of members participating as well as starting specialized programs such as a reformer rehab program and sport-related programs. Russell Gage, who has been with HMFH as a senior trainer has been appointed as the Sports Performance Director and has led this exciting new effort.





GRANDPARENTS DAY POOL PARTY



Sunday, September 8th, was National Grandparents Day, and The Wellness Center celebrated our grandparents by encouraging them to bring their grandchildren in to swim with them in our lap pool. Several lucky grandchildren had their loving grandparents come out to play and make memories with them that afternoon. Screams of laughter could be heard throughout the Center, (although whether it was the children or the adults, we weren't quite sure). It was a wonderful day for both the grandparents and the grandchildren, and we know that there were memories made on that day that they will all carry forever.

MILES MATTER



Long-time member Sandy Kersey completed 1000 miles in a motivational program called "Miles Matter". Miles Matter is a free program that encourages members to complete and log all cardio activity, whether it be on cardio machines or through group exercise classes. Each time a mileage goal is completed (100, 300, 500, and 1000 miles), the participant is recognized and rewarded with an incentive award. This program is a non-competitive program designed only to challenge the member themselves. Congratulations Sandy!



WELCOME PERSONAL TRAINER, DEBORAH BRUCE!

Deborah, the newest staff member at The Wellness Center has a B.A. in Physical Education and Health from Graceland University in Lamoni, IA. She is an International Sports Sciences Associations Certified Personal Trainer, Cjets Fitness System, Certified LLC Kettlebell Pump Group Fitness Instructor, Certified Water Rower (Indo-Row) Instructor, and Certified in Nancy Clark's Sport Nutrition. She is a former NAIA College Volleyball Athlete at Graceland University, Women's Figure Bodybuilding Competitor since 2011, and has lead class instruction in Strength & Circuits, HIIT, Boot Camp, Kettlebell Pump and CrossTrain.

Deborah is very passionate about staying fit and living a healthy lifestyle while finding a balance between a well-rounded meal plan and exercise. She enjoys sharing her knowledge of fitness with others so they, too, can benefit from getting stronger both mentally and physically. She understands that every client is unique and so are their needs, which is why every session is planned around the needs of the client. Together with her clients, she will work on pushing through barriers and getting results.



INDIANAPOLIS...



POWER PLATE DISCOVERY WORKSHOP

The Personal Training team at the Indianapolis Healthplex became certified Power Plate instructors through the Power Plate Discovery Workshop, taught by Power Plate's Global Director of Small Group Programming, Laura Wilson. The three hour practical training session provided an introduction to whole body vibration training. The immediate effect of whole body vibration training is that the muscles in our body are used more effectively and efficiently, while studies have shown that long term effects of using whole body vibration training leads to a significant increase in strength. Our trainers are now more equipped to help our members navigate the Power Plate, while also being able to help our members prepare faster, perform better, and recover more quickly. Through this workshop, our trainers are now empowered with the skills and knowledge necessary to use the Power Plate as a means to improve the overall quality of life of our members.



Top Row (Left to Right): Laura Wilson (Power Plate), Melissa Cook, Stanson Baskin, Shane Moat Bottom Row (Left to Right): Miranda Schmitt, Brendon Neal, Kaleb Sullen

HEALTHY RECIPES FOR OUR MEMBERS



The Indianapolis Healthplex has been hosting Wellness Booths each month for the members to sample a special "Recipe of the Month". Jessica Ricks and Miranda Schmitt have put together a monthly recipe for the members to try for themselves. At the wellness table, our members are able to interact with the staff who are behind the recipe. Members are able to learn how

simple and delicious the recipes are to use in their everyday life. At the Indianapolis Healthplex, we want to offer our members the full circle of health and wellness. Our recipe of the month allows members to add healthy foods to their recipe books as they strive toward a better quality of life through fitness and health.



DEADLIFT AND SQUAT WORKSHOPS AT THE INDIANAPOLIS HEALTHPLEX

The Indianapolis Healthplex has continued its partnership with Dr. Chad Nowlin of NRG Physiotherapy, a performance physiotherapy service designed to decrease pain quickly, meet patients' health and fitness goals, and provide lasting relief through improved mobility and movement mechanics in functional movement and sport. In his most recent wellness workshops, Dr. Chad provided our members with the proper mechanics for the exercises of deadlift and squat.



In this Deadlift Workshop, Dr. Chad provided members with the safe and proper way to set up for the deadlift movement. He also taught members how they can best utilize their muscles in the deadlift, without compromising their joints.

In his Squat Workshop, Dr. Chad went into great detail on breaking down the most common mistakes exercisers make when performing squats. He paired simple solutions and practical examples members can perform to help improve this movement. Through these workshops, our members are seeing the value of functional movement and are eager to learn more!



**ACROSS THE UNITED STATES, HEALTHPLEX ASSOCIATES SITES
JOINED THE FUN AND DRESSED UP FOR HALLOWEEN.**





healthplex associates, inc.

IN THE NEWS

Congratulations



Anderson's Massage Therapist, Laporshia Mitchell Ruffin was recognized by The Meridian Star (local newspaper) as The Best Massage Therapist. Members of the community write in names, and Laporshia won for 2019. Porshia said she appreciated the award and will hang it up proudly in her home.

Anderson Health & Fitness Center was also recognized as The Best Fitness Center/Gym in town by members of the community. We greatly appreciate the support of the community!



Mission Fitness was voted 2019 Nextdoor Neighborhood Favorite

WELCOME MICHAEL CLEMENS, FITNESS DIRECTOR INDIANAPOLIS.



Indianapolis Healthplex has recently added Michael Clemens, Fitness Director, to the management team. Michael is a graduate of Anderson University where he received his BA in Exercise Science and Business Management. Michael brings many years of experience to the team. His most recent role was as the Director of Personal Training with LA Fitness. In addition to being active

and participating in basketball, tennis, soccer and volleyball, Michael also enjoys outdoor activities including hiking, biking, kayaking, and skiing. Michael shares the HPA passion for health and fitness and helping others find their highest level of potential. Please join me in welcoming Michael to the HPA family.



On October 7th, Luana Billings was lovingly welcomed by her siblings Kainoa, Keala and Makoa Billings.

Congratulations to Airi (Mission Fitness) and Reagan Billings on the birth of their daughter.

HEALTHPLEX ASSOCIATES 3RD QUARTER NEW HIRES

CA Henry Mayo Fitness and Health

Crimi, Colette	08/09/2019
Gerber, Anat H.	08/06/2019
Medel, Alexandra Ariana	07/08/2019
Neswald, Daniel F.	08/05/2019
Nold, Sean P.	07/18/2019
Overdevest, Mark	07/31/2019
Sanchez, Dario	07/02/2019
Simon, David M.	07/24/2019
Suarez, Jeffrey	09/16/2019
Sullivan, Keanna J.	09/16/2019

CA Montage Wellness Center

Anderson, Vicky	07/09/2019
Cotti, Zachary	09/20/2019
Daye, David R.	09/04/2019
Emanuel, Nicholas D.	07/19/2019
Garcia, Jasmine	08/27/2019
Smith, Laura M.	08/19/2019
Stock, Solomon	07/01/2019

GA The Wellness Center of URM

Bruce, Deborah	08/12/2019
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IN Indianapolis Healthplex

Anthony, Tyrone	07/29/2019
Crawford, Joy	09/03/2019
Garza, Jessica M.	08/19/2019
Gerrard, Barbara L.	08/05/2019
Godinez, Nancy	07/22/2019
Green, Yusef J.	08/28/2019
Hiatt, Maxwell D.	08/05/2019
Kuonen, Kathryn S.	07/08/2019
Leary, Joel	09/10/2019
Mitchell, Brittany	08/08/2019
Mohammed, Humza I.	08/22/2019
Murphy, Jennifer R.	09/20/2019
Poniewaz, Erika R.	08/26/2019
Rhinehart, Janine A.	08/16/2019
Ross, Kierra	07/22/2019
Slevin, Andrew F.	07/10/2019
Willis, Brionna	08/15/2019
Bradley, Amanda	08/11/2019

MS Anderson Health and Fitness Center

Stephens, Raven B.	09/09/2019
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MS Singing River Healthplex

Burgess, Jennifer	07/08/2019
Copeland, Madison L.	09/24/2019
Gainer, Pauneshia	09/03/2019
Gato, Nicole	08/22/2019
Murdock, Kyle O.	09/03/2019
Peek, Matthew A.	09/03/2019
Seeley, Cherisa A.	08/09/2019

TX Mission Fitness

Dupree, Cynthia	09/26/2019
Hunt, Jennifer L.	09/26/2019
Rocha, Connie O	08/15/2019

TX MRMC Wellness Center

Dodds, Zariah R.	09/17/2019
Garcia, Kimberly Y.	07/17/2019



