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## HPA: THE MEDICAL FITNESS DIFFERENCE

Every corner of the fitness and wellness industry, from large commercial fitness centers to the small “mom and pop” neighborhood gym to medical wellness centers has been affected by the Coronavirus this year. Closures, bankruptcies and fundamental changes in our operating model have turned the industry upside down. Medical wellness centers have not been immune to the pressures and several have permanently closed their doors, as their sponsors struggle with how to react to this new world.

It may take some time, but fitness and wellness activities will certainly rebound. Staying fit and optimizing our lives is fundamental; and while home based workouts are great for many people, it would be naïve to think that they replace the socialization and support systems that make wellness center memberships something special.

The commercial fitness industry has traditionally paid more attention to the social and entertainment aspect of health clubs as its primary calling card. Some of the major chains and larger centers have paid lip service to the health promotion and support roles that a fitness center can play, but our view is that they do so only because they read articles about how changing demographics (older consumers) and a more educated public (aware of the importance of healthy lifestyles) have fueled faster growth in the niche of wellness centers than the fitness industry as a whole.

So, it is not surprising that some of the commercial fitness companies are rebranding themselves as “wellness”. With no widely accepted standards it is reminiscent of the products we see that are calling themselves “all natural”. What does it really mean when a 24-hour, key access gym now calls itself a medical wellness center? With no regular, qualified staff on site, no programs or standards geared toward guiding people with health or special needs what makes them “medical wellness”? Is it membership in the Medical Fitness Association or a donation to a local health charity?

For those of us who have worked hard to develop a unique operating model that truly puts “health” before “club” it will be interesting to see if they can really dupe the public into believing that there’s no difference.



Stephen A. Robbins, Esq

## HEALTHPLEX FITNESS CENTER ST. BARNABAS HOSPITAL



The HPA staff at St. Barnabas has been actively recruiting for their innovative grant-funded exercise and nutrition program. The Cabrini Foundation is working with Saint Barnabas Hospital to promote healthy lifestyles and healthy eating in the Bronx area of New York. Our own Daniel Bonilla has been meeting with clinical leaders, healthcare providers, and along with Albert Jovel, General Manager they have attended community events in an effort to promote the program, and the Center.

The project as a whole has been dealt many obstacles. The Bronx has been the hardest hit area in New York from Covid-19, causing numerous delays in construction, and forcing the program to resort to providing participants with virtual training. Unfortunately, this is something that the residents of the Bronx were ill-equipped to handle; due to the high poverty rate, many residents do not have access to a computer or Wi-Fi.

Despite these difficulties, numerous strategies have been implemented to reach the appropriate audience. Personal Trainer, Lexis Beato has aided in the recruitment of the program and has spent many hours educating participants on setting up email accounts, and virtual meetings. For many of the participants, it was something they had never done.

Through this team effort, HPA has been able to recruit an average of five new participants per week and has made connections with other healthcare providers in the area, as well as local community organizations trying to improve health conditions in the Bronx.



Daniel Bonilla, Fitness Director



Albert Jovel, General Manager

# INDIANAPOLIS...



## INDIANAPOLIS HEALTHPLEX CELEBRATES 22 YEARS

The Indianapolis Healthplex rolled out the red carpet and celebrated the Club's birthday with a membership appreciation week full of giveaways, daily specials, samples from the Courtside Café, complimentary tennis court time and fun Kid Zone activities. Members took advantage of the package specials and incentives for bringing new members to join. Despite a global pandemic, the Membership Department was very pleased with the results and the members enjoyed the week.



## OPTIONAL MASK ONLY ROOM PROVIDES EXTRA COMFORT



Indianapolis Healthplex offers a "Mask Only" workout space with popular equipment and activities for those members who prefer or need an extra dose of precaution. As members return from the Covid-19 closure, they have many options to choose from depending upon their level of comfort needed to engage in their workout, lesson, training session or routine. This space has been particularly popular in the mornings and evenings and we are pleased that we have the space to provide it.



## LUNCH AND LEARN WITH LICENSED MASSAGE THERAPIST, DEANNA BEELER

In September, the Indianapolis Healthplex hosted a "Lunch and Learn" event focusing on the therapeutic benefits of Massage Therapy. Licensed Massage Therapist, Deanna Beeler, gave participants more insight into the differences between a Sports Massage, Deep Tissue Massage, Swedish Massage and Trigger Point Massage. She also covered myths surrounding massage therapy and what a member can expect during their first massage therapy session. Deanna gave examples on what a trigger point might feel like and how this might limit someone's mobility while exercising. Her presentation gave participants next steps they can take into the variety of massages she offers at the Indianapolis Healthplex including Basic Swedish Relaxation Massage, Deep tissue Myofascial Release, chair and foot massage.





# MERIDIAN...

## THE ANDERSON HEALTH & FITNESS CENTER AT-HOME WORKOUT SERIES



How our Fitness Facility Continued to Serve Our Members and the Greater Meridian Community During the Height of COVID-19.

COVID-19 has changed the world as we know it. We have had to adjust to a new normal; finding ways to make our daily routines compatible with strange and often challenging health precautions. The health and fitness industry was not exempt from these challenges and in fact has faced, in some cases, stricter enforcement or increased criticism at how fitness environments should or should not operate during this time of pandemic.

With the guidance of state and local governments, Anderson Health & Fitness Center closed its doors in March and during that time, we knew it was imperative to find a way to connect with our members and community at large in some way. In partnership with Morris-Lee Films, we proudly produced 6 full length workout videos in our At Home Workout Series as a free resource to our members and the community. With over 1K views, it proves that not only was there a need, but people were continuing to place their health and wellness as a priority in their lives.

If you are interested in viewing the AtHome Workout Series, please visit: <https://www.youtube.com/playlist?list=PLCJG3-vZEYEDvdCQNjxOxftx9klWHdy>.

Be Safe. Be Happy. Be Healthy. Be Anderson Fit.



## MEMBERS OF ANDERSON HEALTH & FITNESS ROCK STEADY BOXING PROGRAM



Anderson welcomes back members of its Rock Steady Boxing class. After months of being shut down due to COVID, the program is back up and running and our boxers are working hard.

Steps were taken to add extra safety measures, including mask requirements, screenings, spacing equipment out and rescheduling class times to mid-day when fewer members are at the center.

Member Dr. Richard Vise (pictured front center) states "you just can't motivate yourself to work as hard as you will in the Rock Steady Boxing class". He adds "the folks at Anderson have done a good job of making us feel safe".

G.M. Adam Hodges comments: "We have seen real pain and suffering in our own community. I can't imagine how someone who was already facing the day to day struggles with having Parkinson's Disease would be able to take on the additional challenges of the COVID pandemic. Yet, these heroes do".



## G.M. ADAM HODGES AND ANDERSON CROSSFIT COACH DAVIN MANCINI GAIN TWO SUMMITS IN THE PACIFIC NORTHWEST.

Hodges and Mancini first summited Mt. Baker on July 25th and then went on to summit nearby Mt. Shuksan on July 29th. These climbs were part of an Ascent for a Cure fundraiser campaign.

Ascent for a Cure supports Anderson's Rock Steady Boxing program as well as provides local support for those fighting Parkinson's Disease.

# MON VALLEY...

## TESTIMONIAL...

WHAT CFH CAN DO FOR YOU!



"I joined the Center for Fitness and Health in January after being stagnant with my workouts at other gyms. Having multiple auto-immune disorders along with pulmonary fibrosis, workouts have become a major concern in my daily life. It is difficult for me not

to overdo and set myself up for setbacks and disaster. For the past 21 years of being in this situation, I have tried and failed to bring myself back to physical health and deal with my diseases and had no success.

When I joined CFH, not only was I impressed with the entire floor of equipment offered from strength training machines, cardio equipment, aerobic fitness classes, but they also have an indoor track plus three aquatic therapy pools-for less than what I thought!!! With all of that, you get a free one-hour session with a trainer of your choice.

Without sounding like an infomercial, the trainer was the best thing that ever happened to me! I always thought I knew everything about working out-apparently this is why I have been failing all these years. Although after watching all the trainers at CFH, I feel I could have been successful with any of them, however, my choice of Fallon was definitely the right choice for me! She understands my daily obstacles and makes sure not to set me up for failure. I have been with her now from the beginning, and I see her once a week. Each week she gives me a workout unique to me, that I then follow for the following week until I see her again. We work as a team. Each week she sees me get stronger and the progress I make - I see myself get stronger and the progress I make - It makes me feel fantastic and alive again; like before I got sick. She is an amazing individual, trainer and motivator.

In conclusion, I had no idea what I was capable of before I joined the Center for Fitness and Health. This is the first gym I have ever gone to that cared about me and where I actually enjoy working out. Now I go to the gym 4-5 days a week for at least 2 hours and love it! I have been given new hope for my mind and body and have a goal.

Thank you for my new success story, Renee Henrich"

Putting **your health first.**

Center for Fitness and Health



## PERSONAL TRAINER COMPETES IN 100K RACE



On September 26, 2020, Mon Valley Hospital Center for Fitness and Health's Aaron Horrell set out for his second attempt at The World's End 100K. The race had 109 starters and 64 finishers with a 19 hour time limit to complete the race. Aaron finished 9th overall with a time of 14:48:32. He finished over an hour faster than his previous attempt in 2018!

The Worlds End 100k is a 63.8 mile single loop trail ultramarathon located in Forksville, PA at the Worlds End State Park. The course has an elevation gain of 12,395 ft. with a net elevation change of 24,790 ft. The race has a reputation as one of the toughest, most scenic trail 100k's in the country.

Aaron states that discipline to train properly for his races has made him a better trainer for his clients. He instructs his clients to listen to their bodies and be sure to allow essential time for active recovery. Aaron works with the Centers Parkinson's Recovery Program and said he finds inspiration from their efforts. "To see these members with Parkinson's come in and give all they have inspires me with my athletic competitions."



## BOGA BOARDS ARRIVE AT CENTER FOR FITNESS AND HEALTH



This summer, the Center for Fitness and Health began offering BogaFit training, a 60-minute fitness regimen that combines yoga and boot camp-type workouts. Members use aquatic boards to intensify their movements; and, the harder they work, the more difficult and intense the workouts become.

The program is designed for all fitness levels regardless of experience. BOGA's unique FiTMAT provides the Aquatic Base that focuses on core muscle groups while improving balance and coordination. While BogaFit provides challenges to even the most fit individuals, the program was designed for universal scalability, making it the perfect fitness program for all levels, regardless of experience.

The Center offers 6 classes per week. The members have responded very well to the challenge. One long-term member had this to say about her BogaFit experience; "when I saw that they were offering BogaFit, I was excited. I was at the point where I needed a new challenge with my workouts – and wow, did I get a new challenge. I can see a change in core strength and I am having a blast with the program."

### THE CENTER FOR FITNESS AND HEALTH SUPPORTS MON VALLEY HOSPITAL

In an effort to be a true partner with Mon Valley Hospital, CFH ran a promotion in October to support Breast Cancer Awareness Month. The discounted fee to join the Wellness Center was donated to Mon Valley Hospital's Imaging Center.

New members appreciated the opportunity to participate in a program where funds were donated back to the community for mamograms.

A collage of three images showing people exercising. The first image shows a man on a treadmill. The second image shows a woman doing a yoga pose. The third image shows a man using a resistance band. The collage is titled "Putting Your Health First" and "WE PROVIDE THE TOOLS FOR YOUR SUCCESS".

**Putting Your Health First**  
WE PROVIDE THE TOOLS FOR YOUR SUCCESS

**Join in OCTOBER for ONLY \$75 & WE WILL DONATE to MVH Healthplex Imaging for Breast Cancer Awareness Month**



## LOOKING FORWARD...

### (THE FUTURE OF INTEGRATED MEDICAL FITNESS)

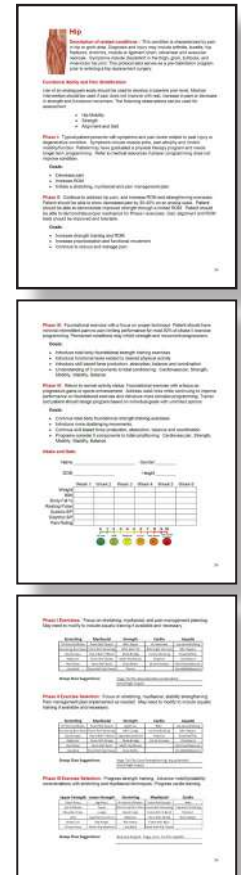
During our closed periods, our centers continued to look towards the future of health and fitness. COVID19 and the related health and business implications have forced everyone to consider the future of Medical Fitness and Population Health in general. Indeed, we have all become somewhat more familiar with the terms “at risk populations” and “comorbidity”.

Population health concerns will be a driver behind a stronger and more robust medical fitness programming operation for all of HPA. This will need to be a focus in the exercise and fitness business industry as a whole. As a leader in medical fitness, Chris Range of our Monterey County California facilities has taken the lead in developing a medically integrated fitness solution to address the need for standards in our medical fitness centers.

Chris gathered the best minds and resources for fitness and medical expertise throughout our network to develop protocols that address specific medical fitness conditions and categories. The initial project yielded 50+ pages of specific exercise guidance to be administered in conjunction with our standard Clinical Integration practices.

Specific protocols have been developed for orthopedics (hip, knee, ankle, shoulder and back), weight loss, osteoporosis/osteopenia, oncology, neurological (Parkinson's and balance), metabolic (diabetes), arthritis and hypertension categories. These programs provide guidelines for functional ability assessment, pain stratification and associated medical factors to determine appropriate exercise related programming. All programs involve a 3-phase approach with specific goals, exercise selection and training techniques.

As we look to the future of population health, we must address the fitness and exercise component for specific medical populations as well as a broad population fitness goal focused on education and maintaining physical health. We will continue to integrate our exercise programming within the community with a goal to standardize the exercise referral programs with our medical affiliated centers. Exercise should be a primary option for many medically “at risk” populations. Standardized and specific exercise programming offers a very good starting point to establishing and merging medical exercise in to the medical community.



## MONTAGE WELLNESS CENTER - READY FOR BUSINESS



The 3rd quarter of 2020 continued to be a challenge for our fitness facilities in Monterey and Salinas. Our facilities reopened on June 18th only to be closed on July 13th due to the COVID19 Health Order from the State of California. During our brief reopening, we operated our facilities under enhanced health guidelines set by our state and county health departments. We have used our “down periods” to make improvements to the facilities and plan for our eventual reopening. We were able to rearrange equipment to provide increased distance between patrons, refinished the fitness studio floor in Marina and installed new carpeting in the locker rooms in Salinas. New bottle filtration water fountains are now featured in both facilities. All equipment has been serviced and is in like-new condition. Of course, we enhanced

our cleaning efforts by providing multiple cleaning stations, gym wipes, protective barriers and equipment. Daytime and overnight cleaning has become even more of a priority.

Both facilities also upgraded the management software that allows members to access their account information and the reservation system. Our members have called to let us know they are anxious to have the facilities reopen, and we are confident that we will continue to provide the best health and fitness experience with the safest standards in the industry.

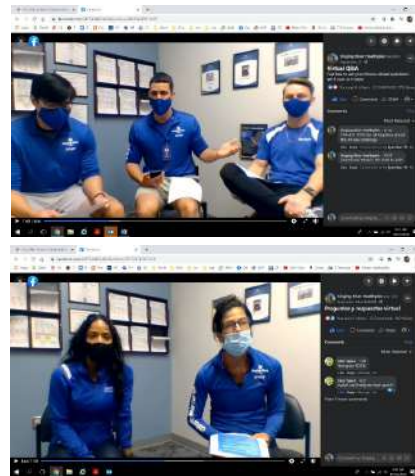


## PIN SEEKERS

Singing River Healthplex launched its sport-specific, results-driven, golf training program, Pin Seekers. This 9-week, progressive program utilizes functional training movements on land and on our Boga aqua-boards. Also included is a sample meal plan, before-and-after fitness assessment, and at-home mobility cheat sheet. Guaranteed to increase strength, mobility, and power!



## VIRTUAL Q&A WITH THE HEALTHPLEX TRAINERS



In a continuing effort to provide education and motivation during the Covid-19 crisis, Singing River Healthplex hosted two separate, virtual, Q&A sessions on Facebook Live. The degreed and certified trainers (aka Empowerment Squad), took some time to answer numerous member

questions, ranging in topics from “how to eat when trying to add muscle”, to “the benefits of exercise as it relates to Covid-19”. There was even a special session in Spanish that was very well attended.

## HEALTHPLEX UNIVERSITY ... STRESS MANAGEMENT

Singing River Healthplex Clinical Integration Coordinator, Aaron Williams hosted a Healthplex University virtual lesson on 5 tips for managing stress. During this pandemic it is important to stay vigilant and focused on managing your stress level.

### The 5 tips included:

1. **Sleep** – Try to get 6-8 hours each night.
2. **Read/Watch** – take some time for yourself or with your family to read a good book or watch a favorite program.
3. **Limit Exposure** – stay informed but be careful not to absorb too much of the 24-hour news cycle.
4. **Set daily goals** – create a “to-do” list and accomplish it each day.
5. **Exercise and Nutrition** – move your body often and feed it properly!





To accommodate at-risk members, beginning **Wednesday, July 15th** we are blocking time daily where anyone entering Mission Fitness commits to wearing their mask for the duration of their workout.

**MISSION MASKS**  
WEAR BECAUSE YOU CARE

**1 PM-2:30 PM**  
(Monday - Friday)

## MISSION MASKS

In July, the State of Texas mandated face coverings be worn in all public places due to COVID-19.

Texas gyms were granted an exception that allowed patrons to remove their mask after they entered the facility if they were able to maintain social distancing of six feet while exercising.

Most members were happy with being able to remove the masks during exercise, but the members with underlying conditions were not.

"We realized that the segment of our membership that needed to exercise the most was unable to because they just didn't feel safe. We consulted with an MCHS physician and determined that setting aside some time each day requiring masks to be worn at all times would allow these members to feel safe enough to return to the gym. Mission Fitness has blocked the 1:00 pm to 2:30 pm time frame, Monday through Friday, to accommodate these members and it has been well received by our membership," said John Douthitt, General Manager.

## CLINICAL HOUR GROUP TRAINING CLASS

In September, clinical group training classes kicked off at Mission Fitness. These classes are geared toward our clinical membership that are living with conditions such as Cancer, Diabetes, Arthritis, Parkinson's Disease, and Cardiac or Pulmonary Disease.

Clinical Integration Coordinator, Zach Cavazos, guides the participants in the class Monday through Friday, during the mandatory mask time frame to ensure these at-risk members have a safe environment in which to exercise.

Members participate in exercises tailored toward their needs to increase overall functionality and cardiovascular endurance.

"After the first session of classes, we are seeing remarkable improvements in balance, functional strength, and overall feeling of well-being," said Zach Cavazos, the coordinator.



## JOURNEY TO YOUR HEALTH PROGRAM

Member utilization has suffered in wake of the pandemic for everyone. So how do you get members back into the groove?

"At Mission Fitness we had a month-long challenge that was free to the members. For those who participated, all of their Club fitness activities garnered points. This included points per miles on the cardio equipment, points for participation in group exercise classes, and for those new to the gym points for completing their onboarding fitness appointment. There were even bonus points for purchases of services like training and massage," said Anna Beth Foyt, personal trainer.

This was a fun way to create positive energy in the Club and help people settle back into their fitness routine. 45 members signed up to play and received a great tie-dye t-shirt.

## WELCOME ABBY FUCHS, CPT CERTIFIED PERSONAL TRAINER AND GROUP EX INSTRUCTOR



Abby is an Certified Personal Trainer specializing in strength training, isolated muscular training, high performance muscular training, and functional mobility training. She also has led class instruction in Body Blast, HIIT, Strengths and Circuits, Spin, Silver and Fit, Boot Camp and "Butts and Guts".

Because Abby is very passionate about staying fit and living a healthy lifestyle, she understands the need for finding a balance between a well-rounded meal plan and exercise. Her next goal is to complete her certification to be a nutrition specialist. The nutrition certification will include classifications such as, Nutrient Breakdown by the Body, Nutrition Label Understanding, Knowledge on Incorporating Nutrient Dense Food into Everyday Life, and Utilizing Nutrition to Accomplish Health Goals in Combination with Exercise.

Abby understands that a vital component of a medical fitness center is the focus on lifestyle factors as well as exercise and that every client is unique and so are their needs. That's why she offers every one of her clients professional input on lifestyle changes beyond just exercising. Together with her clients, she will work on pushing through barriers and getting results.

## TESTIMONIAL: EXERCISE REALLY IS MEDICINE



Gary Larson, inaugural member URM

My name is Gary Larson. I was an inaugural member of the URM Wellness Center when I joined back in July of 2006 at the age of 55. I considered it one of the best things I have ever done for myself and my family. My goal was to lose some weight and to keep my body moving, as I had lots of osteoarthritis issues. I began swimming and lost 50 lbs. over the first year, managing to keep most of it off over the years.

In June of this year, I had a total hip replacement at age 68. Two days after surgery, when I went for my first physical therapy visit and they saw how I was walking without a cane or walker, they said I could put those items away because I did not need them. My surgeon said that he is convinced that my swimming at The Wellness Center has strengthened my bones and muscles significantly which made my surgery so much easier for him, and it explains why my recuperation has been so rapid and exceptional. As soon as the wound healed, he encouraged me to get back in the pool and I picked up right where I left off, swimming 50 lengths, albeit at a more leisurely pace, initially.

So, I just wanted to say thank you to The Wellness Center for this wonderful facility and for the very detailed operational procedures during the pandemic that have allowed them to reopen safely. I especially want to thank all the staff that have helped me over the years, with special thanks to Teresa Hobbs, and the smiling faces at the front desk, from Crystal Merritt, Sonya Birdsong, and Jamie York.

Warm Regards,  
Gary Larson



## HENRY MAYO FITNESS AND HEALTH FITNESS OPTIONS

Unfortunately, due to the California state-mandated closure back in July, the HMFH facility remains closed for indoor operations. During this time, we have been providing our community with creative options including a virtual live fitness class, our Functional Group Training program outdoors and a sports performance Speed Clinic for athletes.

### Staying Fit Virtual Live Class

Russell Gage and Cathy Francisco lead our "Staying Fit" virtual live class every Wednesday. Participants from all over the country have been joining in with us. Our current participant record is 47 registrants! We have also incorporated these classes in our hospital employee wellness program to help incentivize healthy initiatives. We will continue to offer this class until we reopen indoor operations.



### Outdoor Functional Group Training Program

HMFH is currently on week 11 of our Functional Group Training Program outdoors for our members! We have had an average of 8 participants per class and love being able to see our members during this closure. The class consists of 1 hour of movement focused on increasing mobility and work capacity while doing strength training with kettlebells, resistance bands and body weight movement patterns to keep our members healthy and strong.



### Performance Institute: Speed Clinic

For the month of September we held a weekly outdoor Speed Clinic for area athletes. We had athletes from ages 12 to 16 participate in the clinic and got great feedback from both the athletes and parents. The clinic was held for four weeks and the athletes were instructed on proper posture/motor control, acceleration/deceleration techniques, and multi-directional speed.



# WAYNESBURG...

## HPA WELCOMES EQT AS THE NEWEST MEMBER OF OUR FAMILY!



HPA welcomes our newest member of the family, the EQT REC Center, located in southwest Pennsylvania. EQT is a vital part of the Waynesburg community and a real gem for the entire area.

EQT has a proud history of innovative commitment to youth programming as well as sports and recreation. Amy Tustin and Meghan Ricciuti, who oversee youth programming at the Center have created an "EPIC" program. "EPIC" stands for Educational, Physical activity, Interaction, and Creativity which we strive to provide each aspect daily. The program is designed around the Covid inspired school schedule and allows children to come to our facility where they receive assistance with their online schooling. It also allows children to have an opportunity to play, as they may not have the means to do so at home. With the indoor soccer field and basketball court the kids have a chance to be kids during their daily breaks. Amy Tustin also created a tumbling program for beginner and intermediate tumbling skills. The program has grown almost every week since it returned to action in August! Way to go Amy and Meghan!

The EQT REC Center Sports and Recreation Manager, Janice Tennant has kicked off a new Fall Basketball League. This 5-on-5 basketball league has teams from kindergarten through 8th grade to compete in their respective age groups. With over 28 teams signed up, (some from over an hour away!), the league has been a huge success. Parents have been thankful that there is somewhere for their children to come and play safely. With the success we have seen in basketball, the Center is now planning a youth wrestling club to debut this fall as well as multiple pickleball tournaments throughout the winter months.

EQT is also reaching out to area schools through the support of two of our personal trainers (Chris Harmon and Luke Lohr). This dynamic duo provide a personal trainer each week to the local middle school. The trainers provide professional physical fitness instruction to the students after school. In addition, the REC Center has also partnered with a local bank and is providing fitness instruction to the employees via Zoom and a weekly workout challenge. The feedback that has been received to date has been nothing but positive, and we are honored to have the opportunity to engage students and employees in our community.



COMMUNITY





healthplex associates, inc.

## Congratulations

## IN THE NEWS



Anderson G.M. **Adam Hodges** and wife Laura recently celebrated their 5th Wedding Anniversary at Grayton Beach, Florida.



Olivia Elizabeth Doyle, granddaughter of **Don Doyle**, HPA VP, sporting a tshirt that reads "I'm proof that Browns fans and Steelers fans can get along."

### WEDDING BELLS ARE RINGING AT IHP

Several staff members at IHP have recently celebrated their nuptials. Congratulations to Fitness Director Michael Clemens, Clinical Integration Coordinator Chris Lanning, and Personal Trainer Nicole Svorinic who all took the plunge since August. The odds-on favorite for first baby is Michael and his wife, as they just bought a house as well! Congrats to all!



Michael Clemens



Nicole Svorinic



Chris Lanning

### DECADE OF EXCELLENCE

Congratulations to coaches Angie Diveley, Kim Robinson and Christi Webb-Vanderpoorten for having recently reached the 10 year mark of coaching group fitness here at Anderson.

G.M. Adam Hodges states "group fitness is a really big part of what we do here at Anderson and these three ladies are the best of the best". Each of the three were eager to get back in to the center as soon as possible following the mandated COVID shutdown and each have done a great job of serving our members and offering excellent fitness classes within the established COVID guidelines.



Christi Webb-Vanderpoorten



Angie Diveley



Kim Robinson

## HPA BIRTHDAYS

### Corporate

Kristin Anderson	09/16
Mark Nadel	09/20
Lynn Robbins	09/11

### EQT

Hannah Gibbons	08/31
Faith Gump	07/16
Kadie Lagaza	09/23
Nikole Loughrey	07/19
Cale Miller	09/19
Julia Triano	08/28
Emma Tustin	08/22
Tara Viviano	07/01
Bryan Washington	09/07

### Henry Mayo

Sharlene Duzick	07/12
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### Indianapolis

Stanson Baskin	08/17
Deborah Brents	09/08
Andrea Buselli	08/15
Sherrie Buxton	07/06
Anthony Cherry	08/19
Shelley Covington	07/03
Eileen Davis	08/30

Rebecca Easton	08/08
Jeffrey Foster	07/12
Kelly Gerard	08/12
Cameron Harris	07/13
Maxwell Hiatt	08/21
Marva Holland	07/16
Chris Lanning	07/25
Joel Leary	07/15
Ellyn Ludden	08/28
Chyna Mayo	07/12
Cassandra Oberkrom	09/27
Vince Pollard	09/22
Erika Poniewaz	08/05
Kyle Price	08/24
Sarah Price	08/12
Valerie Monn	07/05
Yvonne Remson	07/25
Janine Rhinehart	07/25
Anita Taylor	07/08
Starla Trigg	08/20
Kathryn Wangler	09/07
Patricia Wells	08/09
William Wilson	07/11
Rayeahl Wilson	08/30

### Matagorda

Carolyn Larsen	07/09
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### Meridian

Angela Crenshaw	08/20
Hannah Goodman	07/27
Davin Mancini	09/22
Jason McKinney	08/12
Melanie Newman	08/12
Deborah Powe	09/15
Laporshia Ruffin	07/10

### Mission Fitness

Jordan Bagrich	08/28
Alice Becerra	07/16
Airi Billings	07/22
Zachary Cavazos	07/24
Zachery Holley	07/18
Heather Leonard	08/19
Lorianne Pattee	08/28
Karyn Perez	08/28
Ariel Thurber	07/19
Shauna Saxton	08/18
Della Smith	07/23
Ashley Tschauner	08/23
Kourtney West	08/31

### Montage

Christopher Range	07/12
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### SBH

Lexis B. Concepcion	08/22
Albert Jovel	07/06

### Singing River

Ryan Barr	07/19
Henry Davis III	09/22
Mikaela Millwood	07/14
Phat Phan	08/05
Tracy Porter	09/20
Savannah Steiner	09/25
Logan Stogner	07/18
Isabel Toffe	07/16
Steven Vance	09/30
Aaron Williams	09/14

### URMC

Deborah Bruce	08/13
Pamela Peek	08/16
Jamie York	08/30

## HPA WORK ANNIVERSARIES

### Corporate

Kristin Anderson	10 years
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### Indianapolis

Andrew Slevin	1 year
Nancy Godinez	1 year
Yusef Green	1 year
Barbara Gerrard	1 year
Maxwell Hiatt	1 year
Brionna Willis	1 year
Janine Rhinehart	1 year
Jessica Garza	1 year
Humza Mohammed	1 year
Erika Poniewaz	1 year
Joy Crawford	1 year
Joel Leary	1 year

### Montage

Jennifer Murphy	1 year
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### Meridian

Raven Stephens	1 year
Chelsea Hinton	3 years
Savannah Gonzalez	3 years
Reva Coate	3 years
Keri Branning	4 years
Cynita McClelland	7 years
Deborah Powe	8 years
Angela Diveley	10 years
Adam Hodges	10 years
Kimberly Robinson	10 years
Sarai Vanderpoorten	10 years

### Mission Fitness

Connie Rocha	1 year
Fadekemi Okunola	2 years
Michelle Bybee	3 years
Kathryn Vega	3 years
Heather Carrigan	5 years

### Singing River

Jennifer Burgess	1 year
Nicole Gato	1 year
Matthew Peek	1 year
Carrie Sinclair	2 years
Steven Vance	3 years
Isabel Toffe	3 years
Shannon Barlow	9 years
Ryan Barr	10 years

### URMC

Deborah Bruce	1 year
Sonya Birdsong	2 years
Crystal Merritt	4 years
Jessica Smith	4 years