

AEROBICS
2011-12 FITNESS EXPERIENCE

After you workout, record your class visit on a slip of paper provided near the front desk. Class visits will be collected from August to July each year. Failure to report any classes for four (4) consecutive weeks results in the loss of any accumulated visits up to that point. Unless you make arrangements in advance, you will start at zero (0) when you resume turning in class visits.

DISTANCE & AWARDS T-shirts for 100 or more classes
Mileage from **August 1, 2011 to April 26, 2012**

Certificates for 75-99 classes

100 classes and more

Andrea Kelley	368.00	Denise Houlahan	152.00 ****
Ellen Kephart	352.00	Laura Peterson	145.00
Karla Graves	261.00	Robin Squires	134.00 *
Rachelle Schoulte	243.00	Sheila Crook-Lockwood	124.00
Nancy Patrick	207.00	Zahra Khorsand	120.00
Rita Burrell	179.00	Larry Ihde	118.00
Deb Skelton	178.00	Lydia Kephart	101.00
Pam Purvis	173.00	Sandi Daubs	100.00 *
Barb Hunt	156.00	Jennifer Shaddox	100.00

75-99 classes

Emily Hildenbrand	98.00	Ann E. Larson	83.00
Jerry Squires	96.00 *	Mona Myhlhausen	82.00
Jill Louzek	93.00	Kalsie Lakin	77.00
Brittany Harris	92.00	Lynette Hodson	77.00
Jenn Kinner	86.00	Carson Kephart	75.00
Blenda Peterson	85.00 *	Katie Feldman	75.00

0-74 classes

Dave Kephart	74.00	Erin Kissel	28.00
Holly Chapman	70.00	John Braumann	28.00
Linda Strausser	69.00	Natalie Roush	26.00 ****
Nora Burgess	69.00	Ellery Smith	25.00 *
Andrea Podoll	65.00	Veronica Calderon	25.00 ****
Christine Luebe	64.00 **	Natasha Ratliff	24.00 ****
Christina Shimak	63.00	Emmaly Renshaw	23.00 *
Nicolle Mercer	61.00 ****	JoAnna Mantz	23.00
Sandy Boyer	58.00 *	Sherry Russell	20.00 ***
Rhonda Fulton	57.00 **	Gretchen Dennis	19.00 **
Rebekah Kephart	55.00	Angela Halm	18.00 **
LaVerne Daugherty	53.00 *	Jodi Kenney	18.00 **
Adam Mohling (ON HOLD)	52.00	J.G. Novak	17.00
Carol Funke	50.00	Carla Helmkamp	17.00 *
Bruce Kinner	47.00	Bevin Conatser	17.00
Patrick Regan	45.00 ****	Melanie Hunger	14.00 ****
Sue Millsap	45.00	Tiffany Semelroth	15.00
Ann Rowe (ON HOLD)	43.00	Jeff Meskimen	12.00 ****
Sheryl Payton	42.00	Nikita Thies	12.00
Larissa Elliff	42.00	Rhonda King	11.00 ****
Natalie Burkle	42.00	Scarlett Kropp	11.00
Jenn Duerksen	41.00 ****	Dominique Pierce	9.00 **
Chelsie Young	41.00 ***	Jenny Lemke	9.00
Eilizabeth O'Neill	39.00 *	Ashley Kyne	8.00 ****
Jeanette Smith	37.00 **	Tyler Reinhardt	7.00 ****
Nakinya Durham	37.00	Diane Jensen	6.00 ****
Julia Wittnebel	37.00	Deanna Haddy	6.00 **
Don Oliver	35.00 **	Mindy Thies	6.00
Bev Kadlec (ON HOLD)	32.00	Sarah Tobiason	5.00
Betty Leeland	31.00	Jaime Archambeau	5.00 ****

**AEROBICS CLASSES BASED ON
HGN 04/26/12; MARION 04/26/12
STONE POINT 04/26/12**

Amanda Blakey	5.00
Josie Rowe	5.00
Todd Heljik	4.00
Pat Thies	4.00
Jim Wittnebel	3.00
Lindsey Luke	3.00 ****
Nicole Powers	3.00 ****
Liz Kenney	3.00 ****
Bre Kenney	3.00 ****
Mazzi Hanson	2.00
Brooke Dixon	2.00 ****
Stacy Krug	2.00 ****
Donna Butikofer	2.00
Sandra Favorite	1.00 ****
Pat Reed	1.00 **
Eric Lockwood	1.00 ****
Mary Sindelar	1.00 *
Sandy Kopecky	1.00 *

BIKING
2011-12 FITNESS EXPERIENCE

After you workout, record your mileage to the **nearest tenth of a mile** on a slip of paper provided near the front desk. Mileage will be collected from August to July each year. Failure to report any mileage for four (4) consecutive weeks results in the loss of any mileage, unless you make arrangements, you will start at zero (0) when you resume turning in mileage.

DISTANCE T-shirts for 1000 or more miles

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AWARDS Certificates for 250 - 999.9 miles

Mileage from **August 1, 2011 to April 26, 2012**

1000 miles and up

Ray Johnston	3097.00 **	Blaine Stott	1418.78
Connie Bird	2993.00	Marlene Golinvaux	1336.10
Mike Condon	2052.80	Donna Butikofer	1304.50 ***
Matt Fritz	1679.10	Sarah Hamed	1221.00 *
Jim Bernstein	1540.65 *	Karissa Schatz	1189.00 *
Matt Peterson	1406.70 ***		

250 miles to 999.9 miles

Fred Stieglitz	969.00	Jenn Duerksen	420.20 **
Kevin Fox	961.00 *	Stacy Krug	398.24 ***
Jan Vauthrin	943.00	Vannessia Klinsky	389.00 **
Charles Munro	824.00 ****	Sherry Russell	362.00 ***
Denise Houlahan	776.00 ****	Gina Milroy	346.00
Rachelle Schoulte	750.00	Kathy Tedesco	345.82
Gary Dykstra	715.00 ****	Sue Millsap	313.00 ****
Dick Heft	687.00	Sandi Daubs	310.25 *
Rick Hays	678.00	Larry Ihde	297.73
Jeff Meskimen	605.00	LaVerne Daugherty	296.00 **
Carrie Kimpton Heald (ON HOLD)	592.00	Don Oliver	276.00 ***
Amanda Pieper	576.00 ****	Lindy Hopp	256.00 **
John Braumann	533.10	Beverly J. Novak	261.30 *
Phil Lowder	520.00	Adam Mohling (ON HOLD)	260.00
Tim Bickel	432.00 ***		

0 miles to 249.9 miles

Ellery Smith	246.60	Bruce Bachmann	61.50 *
Sandra Favorite	244.48	Pat Thies	61.00
Mindy Thies	236.05	Tina Bogs	54.80 *
Christina Shimak	218.50	Marliese Schmeiser	49.30 **
Jenny Burkart	209.72 ****	Jessica Schmeiser	48.30 **
Melissa McBride	206.10 *	Keith Hemphill	45.00 **
Josh Boots	200.00 ****	Ashley Kyne	39.50 **
Maggie Hrvol (ON HOLD)	195.65	Jordan Lehman	32.00 ****
Michelle Braumann	191.18 ****	Scarlett Kropp	23.00 *
Randy Schultejans	161.00 *	Christine Luebe	23.00 **
Kathy Geers	148.50 ****	Dan Carolin	20.00 ***
Natalie Roush	136.00 ****	Sheryl Payton	15.50 *
Trudy Woods	126.50 ****	Kevin Luke	11.00 **
Rosemary Hays	120.00 ***	Jon Yates	10.00 **
Nicole Oliver	119.80	Christina Suarez	9.50
Janice Chung	114.40 *	Heather Armstrong	9.00 *
Katie Feldman	101.81	Sara Shreve	7.00 *
Carl Schmeiser	96.00	Ashley Suarez	6.00 **
Tyler Reinhardt	94.80 ****	Amanda Blakey	5.00 *
Bob Szczesniak	83.50 ****	Brooke Dixon	5.00 **
Jenny Lemke	82.40	Sarah Tobiason	4.00
April Urell	70.00 *	Bevin Conatser	1.50 **
		Diane Jensen	0.50 *

BASED ON TOTALS AS OF:

BIKING

STONE POINT 04/26/12

HGN 04/26/12 MARION 04/26/12

RUNNING
2011-12 FITNESS EXPERIENCE

After you workout, record your mileage to the **nearest tenth of a mile** on a slip of paper provided near the front desk. Mileage will be collected from August to July each year. Failure to report any mileage for four (4) consecutive weeks results in the loss of any mileage, unless you make arrangements, you will start at zero (0) when you resume turning in mileage.

DISTANCE T-shirts for 500 or more miles

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AWARDS Certificates for 150 - 499.9 miles

Mileage from **August 1, 2011 to April 26, 2012**

500 miles and up

Craig Brophy	997.00	Dan Carolin (ON HOLD)	690.00
Jackie Barnum	977.00	Brian Mohling	658.00 **
Terry Jessen	788.00 *	Jenny Burkart	559.82
Sarah Hamed	782.00 *	Pat Stepanek	502.10
Chris Lyon	734.30 *		

150 miles to 499.9 miles

Wilford Stone	484.00	Stacy Krug	218.62 ***
Ellery Smith	475.65	Mark Hammons	217.85
Kevin Rice	467.00	Bruce Bachmann	215.85 *
Doug Buchanan	449.00	Tim Bickel	207.50 ***
Larry Ihde	434.17 *	Corinne Newport	194.90
Deanna Haddy	430.00	Christina Shimak	187.35
Jasmine Bird	426.00	Jenn Duerksen	182.96 **
Robin Squires	391.00 *	Kevin Fox	174.50 *
Jason Brown	365.00 *	Gina Milroy	171.50
Blaine Stott	330.62	Ashley Kyne	171.00 *
Don Goettsch	326.50 *	John Burke	170.00
Sue Millsap	305.50 *	Natasha Ratliff	162.24 **
Sandra Favorite	263.24	Sheila Stevens	152.60
Dick Heft	252.62	Josh Boots	150.00 ****

0 miles to 149.9 miles

Marlene Golinvaux	145.00	Tiffany Semelroth	65.50
Nancy Patrick	141.00	Larissa Elliff	61.60
Bruce Kinner	135.30	Lydia Kephart	59.70
Nick Gearhart	130.97	Tonya Lehman	58.02 ***
Dave Klinsky	126.50 **	Sandi Daubs	56.10 ***
Adam Mohling	126.00 ****	Pat Thies	43.50
Kathy Geers	121.05 ****	Christine Luebe	41.30 *
Mary Boots	112.00 ****	Jordan Lehman	35.00 ***
Randy Harker	111.00	Jenny Lemke	20.30
Lindy Hopp (ON HOLD)	100.75	Kalsie Lekin	20.00 **
Randy Schultejans	98.00 *	Bob Szczesniak	18.50 ****
Gregg Kearney	94.85 **	Sarah Tobiason	12.00
Carrie Kimpton Heald (ON HOLD)	91.75	Holly Chapman	10.00 ****
Rick Hays	83.00	Mazzi Hanson	8.00
April Urell	82.00 *	Tina Bogs	7.95 ***
Sara Kilgore	78.90 *	Ashley Suarez	7.00 **
Kevin Luke	76.50 **	Elizabeth Langford	6.61
Jill Louzek	75.00 *	Bevin Conatser	5.76 **
Jennifer Duffy	69.20 **	Sara Shreve	4.50
John Braumann	67.65	Jon Yates	4.00 **
Lindsey Luke	66.25 ***	Lois Shoop	3.50 ****

**RUNNING MILEAGE BASED ON
HGN 04/26/12 MARION 04/26/12
STONE POINT AS OF 04/26/12**

TOTALS

Scarlett Kropp	2.00 *
Nicole Oliver	1.50 ***
Brooke Dixon	1.00 ****

SWIMMING
2011-12 FITNESS EXPERIENCE

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DISTANCE T-shirts for 150 or more miles

1 mile = 5280 ft = 1760 yrds

&

1 mile = 72 lengths = 36 laps

AWARDS Certificates for 50 -149.9 miles

Mileage from **August 1, 2011 to April 26, 2012**

150 miles and up

Joe Barger	543.16 ***	Marliese Schmieser	192.75
Jeff Henry	382.55	Jeff Wilkins	189.00
Nick Gearhart	266.65	Lori Manzel	187.30
Farhad Khorsand	247.60	Pam Purvis	180.31
Pat Smith	227.00 ****		

50 miles to 149.9 miles

Glenda Sharp	146.30	Sara Kilgore	92.76 *
Jan Vauthrin	146.00	Sienna O'Connor	93.00 ****
Ken Manzel	144.60	Phil Lowder	88.32
Robert Pierson	138.00 *	Sandy Boyer	86.00 *
Pam Hughes	127.00	Heather Armstrong	67.85 *
Jay Goodlove	126.25	Carrie Kimpton Heald (O)	63.65
Sherry Russell	124.90	Janice Chung	61.46
Jane Smerdon	96.55	Fred Steiglitz	52.84

0 miles to 49.9 miles

Gina Milroy	40.50	Robin Squires	7.25 ****
Jill Louzek	36.60 ****	Kevin Luke	6.75 ****
Larry Ihde	30.35 *	Kathy Geers	6.60 ****
Ellery Smith	27.65	Scarlett Kropp	5.50 **
Kris Swartz	27.25	John Tedesco	5.18
Sandy Kopecky	24.80	Don Oliver	5.09 *
Rosemary Hays	20.80 ****	Bruce Bachmann	5.00 *
Betty Leeland	15.80	Norma Zumr	5.00 **
Penny Duncan	14.85	Adam Mohling (ON HOLI	4.40
Blaine Stott	14.74	Tim Bickel	4.13 ****
Beverly J. Novak	14.70 ****	Julia Wittnebel	2.75 ***
J.G. Novak	14.00	Lindsey Luke	2.00 ***
David Chung	11.50 *	Elizabeth O'Neill	2.00 ****
Pete Sheyko	11.25 ****	Deb Stiles	1.95 *
Kristin Lyons	11.15 ****	Kristin Lyons	1.50 *
Tina Bogs	11.00 *	Keith Hemphill	1.35 ****
Tina Webber	11.00 ****	Donna Butikofer	1.20 ****
Sheryl Payton	8.75 *	Josh Boots	1.00 ****
Sue Millsap	8.45 ****	Jon Yates	1.00 **
Diane Jensen	7.50 *	Sydney Barnhart	0.80 ****
		Sara Shreve	0.40

SWIMMING MILEAGE BASED ON
HGN 04/26/12; MARION 04/26/12
STONE POINT 04/26/12

WALKING
2011-12 FITNESS MILEAGE EXPERIENCE

After you workout, record your mileage to the nearest tenth of a mile on a slip of paper provided near the front desk. Mileage will be collected from August to July each year. Failure to report any mileage for four (4) consecutive weeks results in the loss of any mileage, unless you make arrangements, you will start at zero (0) when you resume turning in mileage.

DISTANCE T-shirts for 350 or more miles
&
AWARDS Certificates for 150 - 349.9 miles

Mileage from **August 1, 2011 to April 26, 2012**

350 miles and up

Susan Beck	1639.50	Norma Zumr	488.00 **
Lynn Anne Sadoris	1159.00 ****	Sarah Hamed	487.00 *
Dorothy Fox	994.00	Rosemary Hays	486.00
Rick Hays	697.00	Carol Zumhof	476.00 *
Heather Armstrong	689.00 *	Bart Haddy	457.00 **
Marliese Schmieser	551.00 *	Mary Sheeley Anderson	380.00
Char Baker	522.00 *	Mary Weber	376.00

150 miles to 349.9 miles

Carl Schmeiser	311.00	Amy Cook	202.20
Robert Ferguson	296.00	Tim Bickel	192.00 **
Trudy Woods	273.00 ****	Dawn Schuettpelz	192.00 ****
Matt Fritz	245.20	Christine Luebe	181.70 *
Denise Houlahan	238.00 ****	Keith McBride	170.01
Sandra Favorite	235.27	Keith Hemphill	159.90 **
Jeff Meskimen	231.00	Patricia Vorhies	156.14 **
John Hasson	215.30	Carole Ungerer	150.00
Melissa McBride	205.00 *		

0 miles to 149.9 miles

Kathy Geers	143.00 ****	Mona Myhlhausen	33.00
Vannessia Klinsky	121.80 **	Tina Bogs	31.48 *
Jill Louzek	112.00	Rhonda Fulton	30.00 ****
Jane Smerdon	94.10 ****	Sherry Russell	25.10 ****
Michelle Braumann	90.90 ****	Lois Shoop	23.50 ****
Beverly J. Novak	89.15 *	Carrie Kimpton Heald (ON H	18.50
Sandy Tanberg	87.00 ****	J.G. Novak	17.50
Maggie Hrvol	82.65 *	Patrick Regan	17.15 ****
Randy Schultejans	77.00 *	Jennifer Powers	12.00 ****
Ann E. Larson	75.80	Katie Feldman	11.58 ****
Lindy Hopp	75.40	Donna Butikofer	11.50 ****
Dorothy Freese	70.00 ****	Betty Leeland	11.00 **
Sandy Boyer	62.00 *	Julia Wittnebel	9.50 **
Janice Chung	59.50	Josie Rowe	9.00
Kathy Stuelke	54.50	Nicole Oliver	8.50
Randy Harker	53.06	Tonya Lehman	6.40 ***
Carol Tralau	52.00	Holly Chapman	6.00 **
Elizabeth O'Neill	49.75 *	Fred Stieglitz	4.00
LaVerne Daugherty	49.50 **	Ashley Suarez	3.00 **
Rachel Clayton	43.41 **	Jen Yates	3.00 **
Corinne Newport	42.50 ****	Mark Hammons	2.50 **
Diane Jensen	42.00 **	Mazzi Hanson	2.00
Kevin Fox	40.50 ****	Amanda Blakey	2.00 **
Ellery Smith	34.50 *	Cassidy Yates	2.00 **
Tricia Blake	34.30 ***	Christina Suarez	2.00 **
Jenny Lemke	34.00	Scarlett Kropp	2.00 ***
		Pam Purvis	1.50 **
		Rayne Oliver	1.00 ***
		Larissa Elliff	1.00 *
		Elizabeth Langford	0.50 *

Walking: HGN 04/26/12
MARION 04/26/12
STONEY POINT 04/26/12

**CROSS-TRAINING
(STAIR-CLIMBER OR EFX)
2011-12 FITNESS EXPERIENCE**

After you workout, record your mileage to the nearest tenth of a mile on a slip of paper provided near the front desk. Mileage will be collected from August to July each year. Failure to report any mileage for four (4) consecutive weeks results in the loss of any mileage, unless you make arrangements, you will start at zero (0) when you resume turning in mileage.

DISTANCE T-shirts for 400 or more miles
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AWARDS Certificates for 150 - 399.9 miles

Mileage from **August 1, 2011 to April 26, 2012**

400 miles and up

Jim Patterson	1400.00	Rick Hays	515.00 *
Jackie Barnum	846.00	Marty Langel	489.50
Hal Garwood	649.50 *	Lynn Anne Saddoris	452.00 ****
Ann Freeman	647.00	Pam Purvis	431.68
Keith McBride	627.00	Carole Ungerer	410.50

150 miles to 399.9 miles

Allison Hecker	393.00 **	Lindy Hopp	237.25
Glenn Ungerer	391.00	Charles Munro	153.50 ****
Sandy Osborn	292.60 ****		

0 miles to 149.9 miles

Michelle Braumann	145.02 ****	Natasha Ratliff	24.28 *
Vannessia Klinsky	129.00 **	Kirsten Nelson	23.80 ****
Todd Hejlik	128.05 *	Brian Mohling (ON HOLD)	23.00
Randy Schulteans	125.00 *	Sarah Tobiason	22.00
Connie Bird	117.00	Tonya Lehman	21.23 ****
Denise Houlahan	107.00 ***	Amanda Blakey	17.50
Jim Bernstein	89.50 *	Holly Chapman	17.00 **
Fred Stieglitz	80.30 *	John Braumann	15.50 ****
Mark Hammons	80.00	Megan Pedelty	15.00 ****
Jeff Meskimen	76.00 *	Bevin Conatser	13.14
Kalsie Lakin	72.42	Chelsea Rice	13.00 ****
Carrie Kimpton Heald (ON HOLD)	65.00	Bruce Bachmann	12.25 *
Jennifer Powers	53.60 ****	Nancy Patrick	11.50 ****
Dave Klinsky	54.00 ***	Ashleigh Stuelke	10.40 ****
Rosemary O'Hara	53.60 ***	Nicole Oliver	9.90
Larissa Elliff	50.66 *	Gretchen Dennis	9.00 ***
LaVerne Daugherty	50.50 **	Elizabeth Langford	7.34
Lydia Kephart	45.80	Rhonda Fulton	7.00 ***
Rosemary Hays	42.00 **	Rayne Oliver	6.00 ***
Brooke Dixon	35.70 ****	Julia Wittnebel	6.00 **
Mary Weber	30.00 ****	Diane Jensen	4.75 *
Jodi Kenney	29.90 **	Rachel Clayton	3.10 ****
Trudy Woods	29.00 ****	Mazzi Hanson	2.00
Donna Butikofer	27.50 ****	Nikeita Thies	1.00 ***
Veronica Calderon	25.92 ****		
Keith Hemphill	25.37 ****		
Christine Luebe	24.40 ****		

**BASED ON TOTALS AS OF
HGN 04/26/12 MARION 04/26/12
STONE POINT 04/26/12**

FITNESS MILEAGE

NAME _____

BIKE _____

RUN _____

SWIM _____

WALK _____

X-TRAIN _____

AEROBICS CLASS NAME

DATE _____

FITNESS MILEAGE

NAME _____

BIKE _____

RUN _____

SWIM _____

WALK _____

X-TRAIN _____

AEROBICS CLASS NAME

DATE _____

FITNESS MILEAGE

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