

CPO 10 Attendance and Notes April 17, 2025

Andy Haugen

Ashley Haugen

John and Jody Wilson

Denny Hruby

Dick Smith

Bonnie Kingston

Gary Virgin

Ruth Burris

Doug Riedweg

Cheryl Douglas

Betty Stark

Richard Bertlotti

Dick Carwright

Don and Nancy Hornschurch

Total: 16

Notes:

Jody Wilson who was a long time PE teacher discussed the workout class that occurs at the Scholls Grange every MWF from 9-10am. They have been doing the class for 12 years and in the last couple of years the class has more than doubled in attendance. The class is all about meeting people where they are at and as she said this is not "planet fitness." People come in whatever they feel comfortable in and as long as you are moving you are doing it right. Movement is life as Jody said. She talked about the benefits of exercise and we did a couple of demonstration workouts. People that attend the workouts also gave some testimonials about their experience and the benefits they have had since attending.