

## Goals

<b>NAME</b>	<b>Goal</b>	<b>Has YOUR BACK</b>
<b>Betz, Jenn</b>	<b>Nutrition</b>	<b>Chrissy</b>
<b>Boni, pat</b>	<b>Muscle Up</b>	<b>MK</b>
<b>Carroll, Trisha</b>	<b>10 lb weight Loss</b>	<b>Chrissy</b>
<b>Connor, Janie</b>	<b>30 Box Jump</b>	<b>Marcy</b>
<b>Coons, Leslie</b>	<b>18 " Box Jump</b>	<b>Chrissy</b>
<b>Dominic, Michele</b>	<b>HSPU</b>	<b>Pete</b>
<b>Durange, Corinne</b>	<b>1 Pull Up</b>	<b>Chrissy</b>

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Eisenhauer, Karla	HSPU and Squats	Pete
Evans, Karen	Spartan	Marcy/Pete
Fikentscher, Debbie	Under 200 first milestone	Chrissy
Goldberg, Glenn	75 Push Ups unbroken	Chrissy
Hahn, Danyelle	1 Pul Up	MK
Heydt, Pam	Spartan	Pete/Marcy
Hoffner, Brian	Kick up to HS	Marcy
Leland, Megan	Size 10	Chrissy

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Markley, Vicki	7:30 on Annie	MK
Mayernik, Chrissy	30" Box Jump	COACHES:)
McClure, Heather	10 Burpees (standard)	Chrissy
McGinley, Stacey	1 Pull Up	Chrissy
Newton, Brian	Kipping Pull Ups	Pete
O'Donnell, Donna	30" Box Jump	Marcy
Onuskanich, Denise	ees to Std and 18" Box	Chrissy
Onuskanich, Paulie	1 Pull Up	Chrissy

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Paluck, Ann Marie	Toes to bar	Chrissy
Phillips, Todd	30" Box Jump	Marcy
Platts, Mike	Muscle Up	MK
Quarmley, John	b 23 min 5K,back walkov	Pete
Schaffer, Mitch	Run 5k	MK
Schweitzer, Deb	5 Push Ups on Knees	Chrissy
Schweitzer, Steve	Lose 10#/Run 5K	MK & Chrissy
Serfass, Kara	3 wods/week	Chrissy

NAME	Goal	Has YOUR BACK
Shanton, Karen	Double Unders	MK
Shanton, Peter	35 Burpees/Min	COACHES:)
Snerr, Missy	Fit in New Blazer	Chrissy
Snyder, Marcia	1 Pull Up	MK
Snyder, Mary Kaye	Muscle Up	COACHES:)
Steigerwalt, Bridget	Improve Upper Body Strength	Chrissy
Stianche, Gretchen	30" Box Jump	Pete
Verta, Larissa	Events and Burpee Form	Marcy

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<b>Vincent, Marcy</b>	<b>Pull Up</b>	<b>Chrissy</b>
<b>Vincent, Rob</b>	<b>Kicking Up</b>	<b>Marcy</b>
<b>Yusella, Dave</b>	<b>25 Burpee/Min</b>	<b>Pete</b>
<b>Yusella, Jim</b>	<b>30" Box Jump</b>	<b>Pete</b>