

# BSU - APFP

# NEWSLETTER

AUGUST  
2024



## Participant of the Month

**Lori joined the Adult Physical Fitness Program back in January of 2024. During her time here, she has made great efforts to engage in regular exercise. Lori's preferred mode of exercise is cycling!**

**We see the work you put in. Great work Lori!**

**The next featured participant could be you!**



## Lori Hug



# BALL STATE



# July Birthdays!!

Linda F - August 7th

Deborah S - August 8th

Carol B - August 8th

Pam S - August 12th

Todd M - August 12th

Audrey H - August 17th

Nancy J - August 20th

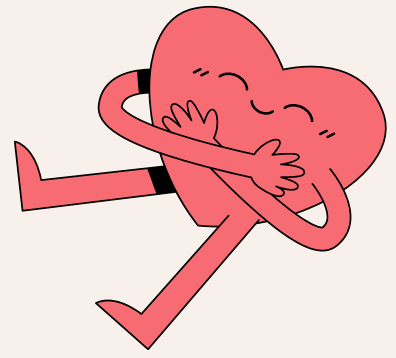
Michael A - August 21st

Rod H - August 24th

David D - August 29th



New students will  
arrive August  
12th. Get ready to  
meet your new  
exercise leader!



## August Hour Changes

**07/29 - 08/09**

Mon, Wed, Fri

**6:00-8:30AM, 11:30-1:15PM,  
3:30-6:00PM**

**08/12 - 08/16**

Mon - Fri

**6:00-8:30AM, 11:30-1:15PM,  
3:30-6:00PM**

**08/19 - 08/31**

Mon - Fri

**5:30-8:45AM, 11:30-1:15PM,  
3:30-7:00PM**





# INCOMING



## CARDINALS!



**Evie Sommers**



My name is Evie Sommers. I am from Columbus, Ohio and I graduated with an Exercise Science degree from Indiana Wesleyan. I am passionate about helping the elderly population through exercise. I am excited to learn how to do this better and meet everyone!

**Sasha Kuehn**



My name is Sasha Kuehn and I am from Columbus, Ohio. I did my undergrad at the University of Cincinnati and studied Health Sciences and Japanese Language and Culture. I love to exercise, read, and cook. I am excited to learn new content and meet everyone in the program.

**Ashby Irwin**



My name is Ashby and I am so excited to be apart of this program. I was born in Louisville, Kentucky but am a die hard Kentucky Wildcats fan! Go CATS! I completed my undergrad at University of Cincinnati where I studied Exercise Science and Substance Abuse Counseling. I love all things exercise, naps, ice-cream, and sunsets. I am excited to be apart of an environment that encompasses community and growth!

## Margaret Klahr



My name is Margaret Klahr, I am from Verona, Wisconsin. I graduated from Winona State University in Winona, Minnesota, where I received my bachelor's degree in Clinical Exercise Science and a graduate certificate in Mental Health Education. I love camping, hiking and just being outside and I am super excited to meet everyone and start this program!

## Cristina Aguirre



Hey there! My name is Cristina and I am from Arizona. I did my Bachelor's of Science in Physiology at the University of Arizona in Tucson, AZ. I like going on rides on my fixie bike to explore new areas, hanging out with friends, and working out. I am excited about learning new things in the CEP program and to experience life in a different state!

## Hannah Butler



Hi! My name is Hannah Butler and I'm from Laporte, Indiana. I did my undergrad studies at Ball State and graduated with a Bachelor's in Athletic Training. I interned at the APFP last year and loved getting to know everyone. I like to be creative and stay active during my free time. I'm excited about seeing everyone in the program and learning about phlebotomy.

# Welcome to Ball State!

