

New Jersey State Federation of Women's Clubs of GFWC
Barbara McCloskey, President

Let's Get Moving – 2024 Activity Log

Track your club members' exercise hours in recognition of cardiovascular health. Submit your log to NJSFWC along with your Health & Wellness year-end report by February 1. Winners in each membership category will be announced at Spring Conference.

CLUB NAME: Woman's Club of Lacey

DISTRICT: Shore # of MEMBERS: 86

Date	Member Name	Exercise Type	# of Hours
9/2024	Barb Bowen	Walking	22
9/2024	Joyce Huffer	Biking	16
9/2024	Lil Campbell	Walking	15
9/2024	Lil Campbell	Exercise Class	4
9/2024	Joyce Huffer	Walking	30
9/2024	Lori Young	Walking	10
9/2024	Lori Young	Yoga	10
9/2024	Lori Young	Exercise Class	7
9/2024	Sandy DeHoner	Walking	6
10/2024	Cathy Katsanis	Yoga	18
10/2024	Cathy Katsanis	Zumba	4
10/2024	Diane Maser	Walking	11
10/2024	Diane Maser	Exercise Class	2
10/2024	Diane Maser	Pilates	1
10/2024	Joyce Huffer	Biking	16
10/2024	Joyce Huffer	Walking	20
10/2024	Lil Campbell	Walking	15
10/2024	Lil Campbell	Exercise Class	4
10/2024	Lori Young	Walking	10
10/2024	Lori Young	Yoga	8
10/2024	Lori Young	Exercise Class	8
10/2024	Rae Mauri	Walking	2.5
10/2024	Rae Mauri	Exercise Class	4
10/2024	Sandy DeHoner	Walking	6
10/2024	Rae Mauri	Pickleball	21
11/2024	Diane Maser	Walking	6
11/2024	Diane Maser	Exercise Class	4
11/2024	Diane Maser	Zumba	1.5
11/2024	Joyce Huffer	Biking	35
11/2024	Joyce Huffer	Walking	45
11/2024	Lil Campbell	Walking	15
11/2024	Lil Campbell	Exercise Class	4
11/2024	Lori Young	Biking	2

Please send in along with your Health & Wellness year-end report to:
 Katie Chambers, Health & Wellness Chair, NJSFWC, 229 Indian Hollow Court, Mahwah, NJ 07430
 Questions? Contact Kchambers4@gmail.com

Please send in along with your Health & Wellness year-end report to:
Katie Chambers, Health & Wellness Chair, NJSFWC, 229 Indian Hollow Court, Mahwah, NJ 07430
Questions? Contact Kchambers4@gmail.com

Questions? Contact Kchambers4@gmail.com

Woman's Club of Lacey

Activity Log

September-December 2024

Member	Biking	Walking	Yoga	Exercise/ Aerobics	Zumba	Pilates	Line Dancing	Pickle- ball	Grand Total
Barb B Sep		22.0							
Cat K Oct			18.0		4.0				
Cat K Dec			8.0		4.0		1.0		
Diane M Oct		11.0		2.0		1.0			
Diane M Nov		6.0		4.0	1.5				
Joyce Nov	35.0	45.0							
Joyce Oct	16.0	50.0							
Joyce Sep	16.0	30.0							
Lil Nov		15.0		4.0					
Lil Oct		15.0		4.0					
Lil Sep		15.0		4.0					
Lori Y Dec		9.0	7.0	4.0					
Lori Y Nov	2.0		9.0	8.0					
Lori Y Oct		10.0	8.0	8.0					
Lori Y Sep		10.0	10.0	7.0					
Maria K Sep-Dec		30.0		16.0					
Rae Nov		2.5		4.0				15.0	
Rae Oct		2.5		4.0				21.0	
Robin Sep-Dec								130.0	
Sandy D Oct		6.0							
Sandy D Sep		6.0							
	69.0	285.0	60.0	69.0	9.5	1.0	1.0	166.0	660.50