

### Workout Partner List

<b>Name</b>	<b>E-mail</b>	<b>Phone</b>	<b>Availability</b>	<b>Facility</b>	<b>Type of Workout</b>
DJ	djhenkel@wisc.edu	608 235 2003	Monday 6-7PM, Tuesday 5PM-10PM, Wednesday 6PM-10PM, Thursday 5PM-9PM, Friday 5PM-10PM, Saturday ALL DAY, Sunday ALL DAY	SERF	Free Weights, Core, etc...
Jenna Laszlo	laszlo@wisc.edu	7036290429	tuesdays any time before 130 pm, thursdays anytime between 11 and 2	Nat	cardio/abs/thighs/general fat burn Cardio and weightlifting/toning, tennis (am over 30 years old so would prefer someone with similar fitness goals)
Stacy Graham	stacygraham@mac.com	608-239-1215	Varies, but M-F before 8am and after 8pm are pretty consistent times. Monday 6pm-10pm Wednesday 5-8am, 5-7pm Thursday 5-8am, 5-10pm Friday 5-8am, 5-8pm Saturday 12-10pm Sunday 8am-10pm possibly	Nat	Weights Group Fitness Classes Swimming Cardio
Nell Bekiares	bekiares@wisc.edu	952-270-4953	lunch time M-F	Nat	Free Weights, Cardio (running, swimming, biking, etc), core training, flexibility. UW staff member would prefer to workout with other staff or grad students but open to mature undergraduates. Looking for muscle gain and improve conditioning.
Chris Verhaeghe	cverhaeghe@odos.wisc	608-630-3606	Monday, Wednesday, Friday 5:30PM - 10PM; Tuesday, Thursday 6:00AM - 8:00AM or Lunch Hour Saturday, Sunday - Depends on work schedule	SERF	Elliptical, weight room with person... woman preferably.
Erin Carr	erinleecarr@gmail.com	862 202 1534	WEEKDAYS: 4:30-6 DAYS WEEKENDS: ANY TIME	SERF	High Intensity Weight Training. The workout is brief (at most 30 min long), intense and requires that one reaches momentary muscle failure in all sets. Routines consist of no more than 12 exercises, each executed in a set of at most 12 repetitions. Hoping to find a fellow undergraduate.
Ted Martinez	eulerian02@gmail.com	608 729 4646	Either Monday, Wednesday, Friday 6:30AM- 8:00AM. The workout is only 30 min long.	SERF	
Carole Mouawad	krollmouawad@hotmail.	608 251 6239	I can try to work around the other person's schedule.	SERF	Personal Training to lose weight

Michael Bochte	bochte@wisc.edu	414-617-5806	Anytime after 10 AM and before 9 PM. It varies a lot.	SERF	Loosely structured, non-competitive running and general working out. I don't follow any particular routine, and am as likely to be found in the pool or running an obstacle course as running a straight line along the lakeshore path. Not for the dedicated and focused, but ideal for the flexible and playful. Cardio (biking and running mostly), free weights, pilates, general ab and core work (crunches, planks, etc).
Kate Orenberg	orenberg@wisc.edu	608-265-2380	Varies some, but usually Mon-Weds 4-11pm, Fri-Sun 10am-8pm.	SERF	
Kayla M Krueger	kkrueger4@wisc.edu	715-280-0650	Mon, Wed, and Fri: 8am-noon and 5pm-9pm Tues and Thur: 5pm-9pm Weekends: Whenever	Nat	Stregnth Training and Cardio, I like running. Probably Intermediate to Advanced level fitness. I plan on attending Group Stregnth X Classes Mon and Wed at 5pm and Fri at 4pm. Also interested in the Cadio Stregnth class on Sunday. Just looking for someone else who likes working out to join me. beginner to intermediate strength training.
Amit Gandhi	agandhi@ssc.wisc.edu	773 4058052	Mornings and Evenings - everyday but Wed	SERF	