



# THE BENCH PRESS

[www.HealthClubatSouthpointe.com](http://www.HealthClubatSouthpointe.com)

October 2024



## Party in Pink: Zumbathon for Cancer Bridges

In honor of Breast Cancer Awareness Month, you are invited to join the HCSP Zumba instructors on Sunday, Oct. 27, for two hours of shimmying, shaking, and sweating to raise money for Cancer Bridges.

Our Zumba team will lead four consecutive 30-minute dance blocks. Each block is \$5. Sign up for as many blocks as you'd like; you can do just one or all four!

This is a great event to attend with friends, so grab your Zumba bestie and meet us on the dance floor!

Cancer Bridges is a Pittsburgh-based non-profit that supports those impacted by cancer through a variety of free programs and services.



## Rowing for Gold

Congratulations to Club member, **Tobi Williams**, on winning THREE GOLD MEDALS at The Head of the Ohio rowing competition that recently took place in Pittsburgh.

Tobi won gold in each of her three events.

“My workouts at HCSP have been great supplements to my rowing training,” she said.

## Lunchtime Lineup

Our lunchtime lineup of classes has returned! Stop in on your lunch hour and join us for a workout!

**Monday: Pilates Express w/Jennifer**

**Wednesday: HIIT Express w/Becca**

**Friday: Strength Express w/Becca**

All classes begin at 12:15pm and will be 30 minutes. Sign up on MindBody or call the front desk.