

# THE BENCH PRESS

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

November 2024



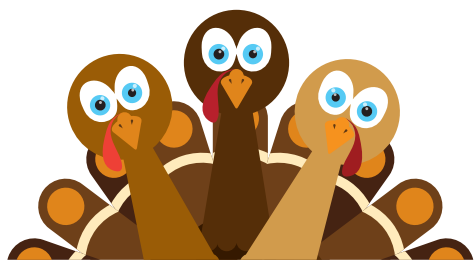
## In the Spotlight: Kerri & Tim



You may recognize these two from working out in the gym. What you may not know is that they work just as hard behind the scenes to help keep our Club shiny and spotless.

Kerri and Tim have been cleaning afterhours on their own time! They deserve our appreciation and gratitude for their efforts!

The next time you see them around, give them a high five and let them know what a great job they're doing!



## THANK YOU!!

THANK YOU to our gym community for all of your support during our activities for Breast Cancer Awareness Month!

The Zumbathon raised \$445, and the 50/50 raffle netted \$120. Our total donation to Cancer Bridges was \$565!

Congratulations to our winners:

**Mike Dunn:** 50/50 raffle

**Tina Godfrey:** Zumbathon early registration drawing

**Bev Kinley:** Club Basket

**Jessica Dunn:** Zumba Basket



## Cold Weather Reminder

As colder weather is upon us, now is a good time to remind our members to securely stash hats, jackets, gloves, shoes and other winter apparel in a safe place, away from workout areas.

Consider using a locker to store away winter essentials. Please do not wear wet, snowy gear into the gym, classrooms or other shared areas.