

# THE BENCH PRESS

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

February 2025

## Thanks for Supporting Heart Health!

THANK YOU to our members and friends for supporting Heartfest this month!

The Heartfest Happy Hour was a blast! We enjoyed our food, meeting the Heartfest founders and learning the facts about congenital heart disease.

There's still time to show your support!

Now through February 28, make a donation of any amount and earn an entry into a drawing for a Pittsburgh Penguins gift basket, complete with an authentic autographed picture of Sidney Crosby!

Drop off your donation at the front desk, or scan the QR code on the flyer next to the basket. Then grab your ticket, and add your name and phone number and place it in the jar.

Winner will be drawn on March 1,

## Towel Policy

We would like to continue providing complimentary towel service, however, it represents a significant source of expense for our facility.

Adhering to our **TOWEL POLICY**, which consists of:

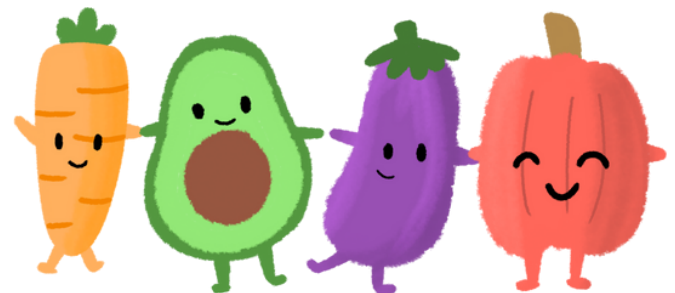
**ONE large bath towel and  
ONE small gym towel  
per person**

will help us to cut down on costs and continue to offer this amenity. Thank you, in advance, for your adherence.

## March is National Nutrition Month

March is **National Nutrition Month**, and thanks to Gina, our onsite dietitian, we have all you need to know!

We will have activities planned during the month, so stay tuned for that. In addition, if you would like to make an appointment with Gina for a nutrition consultation, stop by the front desk, or grab one of our nutrition brochures located in the lobby.



## Look what's new!

We've added long sleeve T-shirts to our line of HCSP apparel! Check them out the next time you're in.

Also, we have restocked our current supply, so that size you were waiting for might be in!

