

THE BENCH PRESS

www.HealthClubatSouthpointe.com

January 2025

Workout for a Cause + Support Heart Health

This February, HCSP is teaming up with Venetia-based charity Heartfest in honor of Heart Month. Heartfest was founded by Peters Township residents Heidi and Chris Todd in 2011 in honor of their daughter, Elizabeth, who was born with a congenital heart defect that affected her left ventricle.

As of today, Heidi and Todd, along with their daughter, Kathryn, have raised nearly \$500,000 to support research on treatments for these patients, all of which has been given to physicians and researchers at Children's Hospital of Pittsburgh.

MARK YOUR CALENDAR for these important dates:

February 9-15: ALL CLASSES will be donation-based.

February 13: Heartfest Happy Hour at AllStar from 5 to 7 pm. A portion of the sales will go to Heartfest.

February 15: 20/20/20 workout...3 great classes, 1 full hour of fun! Suggested donation is \$10, but any amount will be appreciated!

BRING YOUR FRIENDS!! Raffle baskets from the Pittsburgh Penguins and more to be awarded! Their donation will cover the drop-in fee.

Did you know...we offer private yoga sessions!

If you suffer from chronic pain, discomfort and/or anxiety, a private yoga session with Heather B. may be just what you need!

You may find relief from these conditions, and in addition:

- Learn a home practice to do at your convenience
- Heighten your mindfulness to increase the mind-body connection
- Learn proper breathwork to reduce stress and discomfort

Stop by the front desk for more information or talk to Heather B.!

Club Reminders

Please remember

the following tips so that ALL members can enjoy their experience at HCSP:

1. **Refrain from wearing excessive perfumes/colognes** to the Club when you're working out.
2. **Please use a locker** when you arrive. Large jackets, hats, gloves and scarves can all be stored securely in a locker instead of in the gym area.
3. **Please consider bringing a change of shoes** to prevent tracking snow and salt throughout the gym area.