

THE BENCH PRESS

www.HealthClubatSouthpointe.com

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Attention UPMC Silver Sneakers



If you have UPMC for Life health insurance and are part of the Silver Sneakers program, you may be eligible for a FREE 30 minute personal training session with one of our trainers!

There are three easy steps to determine if you qualify:

1. Call SilverSneaker Customer Service at 1-888-881-9997.
2. Tell them you are interested in the free personal training session.
3. They will email you a voucher that you can bring with you to the Club and give to the trainer.

Your 30-minute session will be scheduled at a convenient time for you and your trainer.

Need to Cancel out of a Class?

If you are registered for a class and need to cancel, please do so as early as possible, as there may be a waitlist. Waitlisted members are not notified that there is an available space until someone cancels.

If you could kindly give at least two hours notice prior to class, that would be appreciated by instructors and members alike.

Also, please be courteous to other club members and avoid class 'no shows.'

Welcome Ginger to the HCSP Team!



Ginger Vecchio will be joining our team in April as a group fitness instructor and personal trainer!

To start, Ginger will be teaching a class at Encore on the Lake, with whom

we have a partnership, while also conducting new member orientations (schedule your FREE 30-minute orientation today!), personal training and helping out on the gym floor.

Ginger is available to help answer your fitness questions, as well as acclimate you on the gym floor.

Say hello when you see her!



Buy a Hat!

Have you checked out our array of HCSP hats? Snag a hat to wear during your workouts (great for keeping the sweat out of your eyes!), on vacation or around the town.

Hats are for sale at the front desk for only \$15!