

THE BENCH PRESS

www.HealthClubatSouthpointe.com

May 2025

PARKINSON'S DISEASE SPECIFIC CLASS

Delay the Disease™ (DTD)

By: Jeannine Hartman

Beginning May 16th

2:45PM--3:30 PM

GROUP X ROOM

We are fortunate to be able to provide this program at our Health Club for those with Parkinson's Disease. The Delay the Disease program is a fitness initiative designed to help individuals with Parkinson's disease improve their physical function and slow the progression of the disease. Please spread the word to those you know who may benefit from this course, offered weekly beginning May 16.

PARKINSON'S SUPPORT GROUP

In addition, we have provided the Parkinson's Foundation of Western PA space to conduct a Parkinson's newly diagnosed support group. This group will meet on 5 Fridays, 12-1PM Starting May 16th through July 13th. Check the information table, the mind body schedule, or inquire at the front desk for more information if you or someone you know may be interested.

THANK YOU TO OUR MEMBERS

Thanks to the many people who noticed and commented positively on our recent organizational efforts around the club. We hope to continue to improve in this area, and appreciate the members help in replacing equipment after use to the correct location and keeping the Health Club Areas neat and safe for all!

CLASS SIGN-UP TIME CHANGING!

In an effort to try and make sign-ups for classes fair for everyone and not just the night owls, we are going to try something new. Instead of 12 AM the day before the class, class sign-ups will begin at 6:00 PM two days before the class you wish to take is scheduled. (6 hours before sign-ups occur now)

This will begin for classes on Monday, June 2nd. Get your ZZZ's and sign up for classes in the evening, 2 days before your class is to occur!



HEALTH CLUB APPAREL SALE

May 12-17

\$5 OFF any item >\$20

\$3 OFF any item <\$20

In Stock Items Only, No Orders



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Desire to Be Well Juicery!
Come try them out--located in our
lobby!

