



THE BENCH PRESS

www.HealthClubatSouthpointe.com

May 2026

THE HEALTH CLUB OF CHAMPIONS

Pat Rizzo

First Place: Super Veteran Skeet Shooter

Pat is a member of our club, often seen in the morning riding an exercise bike or lifting.

Pat has the distinguished honor of being named a Super Veteran in Skeet Shooting! To qualify, you must be between 90-99 and shoot 500 registered targets in the 2025 season in registered shoots with 10 or more entrants.

Pat won 1st place nationally at the Super Veteran Level. 500 shoots is nothing for Pat. He shoots non registered shoots a few times every week at his club. All this and still coming to the Health Club multiple times a week! Not bad for a 94 YO! Congrats to Pat!



More Treadmills Updated

Watch for the next wave of treadmills being refurbished to new, New decks have been ordered for 4 additional treadmills and the project should be completed within a month.

Sign Up for Next Restorative Yoga!

With Heather Black

THURSDAY JUNE 18TH AT 3:00 PM

Restorative yoga is a deeply relaxing, therapeutic style of yoga that uses props (bolsters, blankets, blocks) to fully support the body in passive poses. It promotes "active relaxation" by calming the nervous system and reducing stress.

MEMBER: \$15. NON-MEMBER: \$20

WE ARE FORTUNATE TO HAVE THIS SPECIAL PRACTICE RIGHT AT OUR HEALTH CLUB! WHY NOT TRY IT!

FUNDRAISING RESULTS

Thank you to everyone who bought tickets for our prize Auction and placed bids on our Silent Auction! We raised almost \$2000 to present to the Parkinson Foundation of Western PA. The event and fundraiser we held last month for our Parkinson's warriors at the Health Club shows our membership is FULL of caring people.

