the Health Club AT SOUTHPOINTE

THE BENCH PRESS

www.HealthClubatSouthpointe.com October 2026

SOCKTOBER A SUCCESS--
THANK YOU MEMBERS!









Our Socktober Fundraiser benefitting Neighbor 2 Neighbor will continue through the end of the month. We appreciate everyones enthusiasm towards this effort to help our local needy

CHALK CHALK NO CHALK?

THERE ARE A NUMBER OF MEMBERS WHO CHOOSE TO USE CHALK AS PART OF THEIR WORKOUT. GIVEN THE MESS THAT CHALK IS MAKING IN THE CLUB, WE ARE CONSIDERING RESTRICTING CHALK AT SOME POINT IN THE NEAR FUTURE. IF YOU CHOOSE TO USE CHALK, PLEASE CLEAN UP ANY RESIDUE LEFT BEHIND.

Blood Drive

Location: Bloodmobile - 333 Technology Drive - Southpointe

Date: Wednesday, November 11, 2026

Time: 9:00 a.m. to 1:30 p.m.

New Blood Donors Needed!
The number of Americans who give blood is declining. Please consider scheduling an appointment today to donate blood. Imagine the lives you could save.