



MARCH 2022



# Tower Notes

## Have You Tried Out **STEELFIT?**



Located on the tower's concourse level, STEELFIT is your in-house fitness center featuring selectorized strength training equipment, a variety of cardio equipment, free weights, functional training area, TRX suspension training, group fitness classes, personal training, nutrition counseling, muscle recovery tools, towel service and more.

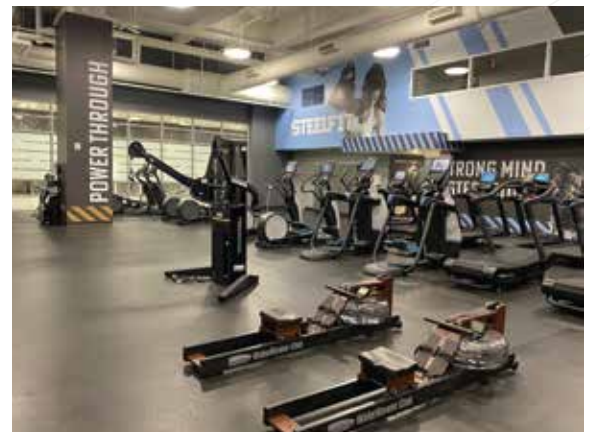
Open in mid-January, current members like the fitness center's private gym feel, top-of-the-line equipment and engaging staff. Stop by Monday - Friday from 5:30 am to 7 pm for a tour or visit [www.lifestart.net/steelfit](http://www.lifestart.net/steelfit) to request your 3-day guest pass. You can even sign up online (membership pricing available on the site). All new members receive a FREE fitness assessment and 30-minute personal training session!

Take a look at what's new at STEELFIT beginning this month:

- **Peloton exercise bikes available to members at no extra cost!**
- **TEAM training (additional fees apply - New participants can enjoy their first two classes for FREE!)**
  - **STEEL Body (H.I.I.T.) – Tuesday & Thursday, 11:30 am - 12 pm & 12 pm – 12:30 pm**
- **Yoga with Gina, Tuesday & Thursday, 5:30 – 6:15 pm (free to members)**
- **On-demand, in-studio classes (free to members)**
  - **Pilates – Tuesday, Wednesday & Thursday, 7 - 7:45 am**
  - **Boxing – Monday & Wednesday, 5 - 5:45 pm**

Did you know March is National Nutrition Month? Don't miss our special running all month: STEELFIT is offering 30% off a 60-minute initial nutrition consultation for ALL tower tenants. That means you pay only \$49, instead of \$70, for a 60-minute consultation. Members and nonmembers can sign up by emailing Becca Yonek at [byonek@archamenity.com](mailto:byonek@archamenity.com).

**Want to learn more about STEELFIT?**  
**Email [steelfit@lifestart.net](mailto:steelfit@lifestart.net) or call 412-553-8817.**



## Pirates Office Takeover



Look who's coming to the tower! Join us in the upper lobby on Wednesday, April 6th, from 11 am to 1 pm for a Pirate party! Take pictures with the Pirate Parrot, get your discounted Opening Day tickets and more. You may even score some auto-graphed memorabilia or some black and yellow swag.

# WELCOMING YOU BACK

## Join Your Friends at Sullivan's for Happy Hour

Add some extra happy to your week at Sullivan's. Think blue cheese chips, beef burger sliders, a smoked rosemary & orange old fashioned... Enjoy \$7 Bar Bites, Martinis and Craft Cocktails, Monday through Thursday, from 3 pm to 5 pm.

## Daffodil Days Are Here, Virtually

With the return of Daffodil Days, the American Cancer Society (ACS) is ready once again to bring hope to cancer patients, their caregivers and families, while providing much-needed funding to support the groundbreaking research, programs and services of the ACS.

This year, in honor of Daffodil Days, Winthrop Management will make a donation to the ACS Northeast Region on behalf of our tenants. If you would like to make a donation to our local ACS, mail your check to:

**American Cancer Society, Inc. | Northeast Region**  
**PO Box 862**  
**Carnegie, PA 15106**

## Here for You

Look who's now open and thrilled to welcome you back to the tower.

### Sullivan's Steakhouse

**Sunday – Thursday, 11 am - 10 pm**

**Friday & Saturday, 11 am - 11 pm**

### HAPPY HOUR:

**Monday – Thursday, 3pm - 5 pm**

Reservations online at [Opentable.com](https://www.opentable.com)  
or 412-775-4000

Free delivery to tenants 11 am - 3 pm

### Au Bon Pain

**7 am - 3 pm**

### Starbucks

**6am - 4 pm**

### STEELFIT

**Monday – Friday 5:30 am - 7 pm**

412-553-8817

email [steelfit@lifestart.net](mailto:steelfit@lifestart.net)

[www.lifestart.net/steelfit](http://www.lifestart.net/steelfit)

## Returning to the Office

As more and more tenants return to the office after a long time away, we recommend a few maintenance items.

1. Change all filters (beverage systems, coffee makers, refrigerator, ice machines)
2. Discard any ice
3. Flush any appliances and equipment containing water

Throughout this time, building personnel have been maintaining the common areas and restrooms.

Keeping the management office informed of your return to work plans is very helpful, but not necessary.



For each petal on the shamrock, this brings a wish your way:

Good health, good luck and happiness  
for today and every day



– An Irish blessing