



MAY 2022



Tower Notes



“ Be kind whenever possible.
It is always possible. ”

– The 14th Dalai Lama

Food Trucks

Look who's coming to the plaza this month.



May 12th - [Sooo Delicious](#) and [Momma - licious](#)

May 17th - [Ash and Kris Kitchen](#) and [Mr. Bulgogi](#)

May 19th - [Yovi's](#) and [Fudge Farm](#)

May 24th - [Dos BrosTaco Shack](#) and [Mobile Chef](#)

May 26th - [Revival Chili](#)

May 31st - [Benvenutis Pizza Factory](#) and [Mi Empanada](#)

Sullivan's reopening this Saturday, May 7th

Medical Emergency Drill

On Wednesday, May 25th, we will be holding a medical emergency drill in the building. You will not be required to leave your floor. Please watch for an announcement from your Floor Warden with additional details.

STEEFIT

Located on the tower's concourse level, STEEFIT is your in-house fitness center with membership beginning at just \$25 per month. STEEFIT is exclusive to U.S. Steel Tower tenants and provides members with full-service locker rooms, a variety of strength and cardio equipment, Peloton exercise bikes, personal training services, group fitness classes, nutrition counseling, muscle recovery tools and more.

Interested in joining? Sign up online via our website (www.lifestart.net/steelfit) or visit us in person at STEEFIT. Email us to receive a 5-day trial (steelfit@lifestart.net).

Welcome Toni Pietrone!

Please join us in welcoming our new Fitness Director, Toni Pietrone. Sound familiar? Toni was a Personal Trainer and Group Exercise Instructor at the PNC YMCA.

Toni taught Adapted Physical Education for many years before joining the PNC YMCA, where she eventually transitioned to the Youth & Family/ Aquatics Director. Toni spent the last seven years at Baptist Senior Family as a Fitness Coordinator and for two years has competed as a Bikini Body-builder. One of her favorite things to do is volunteer for Special Olympics. Toni loves helping others with their health and wellness journey and is excited to share her experiences with the STEEFIT community.

Toni holds a Bachelor of Science degree in Health & Physical Education and a minor in Adapted Physical Education and Rehabilitation. She is a certified Group Exercise Instructor, Fitness Nutrition Specialist and Health Coach.