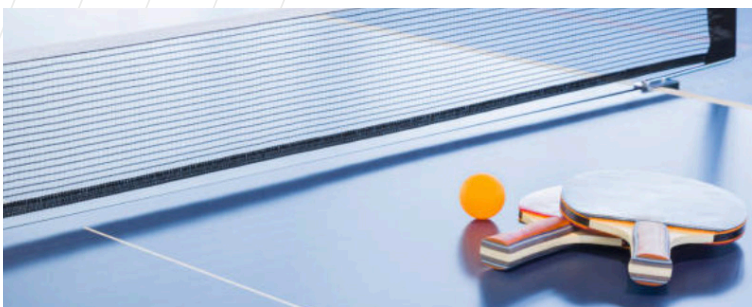




JANUARY 2024

Tower Notes



Ping-Pong Tournament

Sign up for a smashing good time at our inaugural Ping-Pong Tournament organized in collaboration with the Pittsburgh and South Park chapters of the Table Tennis Club of Pittsburgh. The tournament starts with a self-scheduled round-robin. Winners advance to the Final 16 tournament, which runs January 17th to February 7th.

Sign up on the app and mark your calendar for orientation on **January 10th in the Game Room at 11:30 am**, where you'll learn more about the tournament and meet your fellow competitors.

Along with the thrill of competition, there will be exciting prizes for the champions and participants who showcase exceptional sportsmanship. For questions, contact Jennifer Lishego, Hospitality Manager, at 412-553-8877 or jlishego@aaggatherings.com.

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New Reservation Options for The Hub

All Lounge, Game Room, and Library reservations are available for two and four-hour increments for breakfast, lunch or happy hour — \$200 for two hours and \$400 for longer events. The "full center" Hub is available at 4 pm.

STEELFIT

Open House January 10th

Stop by our Open House on **Wednesday, January 10th, from 11 am to 2 pm**. Meet the team, tour the facility, win prizes, sample products from Ready nutrition and more.

Activation + Recovery Training

Learn how to prime muscles and release trigger points, allowing you to train and recover faster.

Tues., Jan 23rd at 11 am

to 12 pm and 1 pm to 2 pm

Attendance is limited to the first six members who RSVP for each session.

Free Nutrition Webinar

New Year, New You:

Making Habits Sustainable

Tuesday, Jan 30th at 11 am

Visit our site for exciting New Year specials.



Water Cooler Wednesdays

Wednesdays, from 2 to 3 pm in The Hub

January 3 — **Massage Chairs & Mocktails**

January 10 — **Fresh Popcorn**

January 17 — **Benjamin Franklin Day Quiz & Apples**

January 24 — **Fresh Popcorn & Ping Pong**

January 31 — **National Hot Chocolate Day & Ping Pong**

“

Act as if what you do makes a difference. It does.

”

— William James

2024

HAPPY NEW YEAR