



MARCH 2025



Tower Notes

Get Your Paddle Ready!

Exciting news for SteelFit members — pickleball will make its debut in the tower in June! SteelFit's brand-new court will be available by reservation only during SteelFit's open hours. So grab your paddle, rally some friends and get ready to let the games begin!

Not a member? Stop by SteelFit to check out our membership packages, monthly specials and more.



March Madness Basketball Challenge

The March Madness Basketball Challenge begins on March 5th, are you in? Players race against the clock to score as many points as possible. Compete with friends and colleagues in this exciting basketball arcade game tournament. Test your skills, make predictions, and see who will come out on top in the supreme March Madness showdown!

Prizes, bragging rights and tons of fun are waiting for you. The top 15 players will secure a spot for a free cooking class and tasting with SteelFit on March 19th! Then move to the Winners Circle on March 26th for the ultimate bragging rights and prizes.

To sign up, come to the Hub Huddle at SteelFit on March 5th. Challenge starts at noon.



Daffodil Days

Reminder: The American Cancer Society will be in the lower lobby on Wednesday, March 19th, from 11 am to 5 pm for pickup of pre-orders. A limited supply of daffodils will be available for purchase.

Daffodil Bunch (10 flowers) – \$15

Potted Mini Daffodils – \$20

Tulip Bunch (10 flowers) – \$15

Gift of Hope (Flowers delivered to local hospital) – \$25



Winthrop Management is happy to support the American Cancer Society by giving away daffodils to the first 1,000 tenants through the turnstiles on Wednesday, March 19th, beginning at 8 am.



Nourish and Flourish Tenant Cookbook

Share your nutritious recipes for a tenant cookbook! Whether you have a favorite family recipe or a healthy meal prep idea, we invite you to share your culinary creations. Together, we can create a cookbook filled with delicious and nutritious dishes that everyone can enjoy.

Please send your recipes by **March 5th** to alozadametrinko@winthropgh.com to allow enough time to create the cookbook. Then, enjoy nutritious bites on March 19th at the Hub Huddle! Everyone attending the Hub Huddle will receive a digital copy of the cookbook. Copies will also be available on the U.S. Steel Tower App.

“

Spring is nature's
way of saying,
'Let's party!'

– Robin Williams

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STEEFIT

Company of the Month

This month, we are honoring all restaurants at the tower. We invite all employees from Istanbul Grille, Italian Village Pizza, Wiener World, Starbucks and Sullivan's to come in and enjoy:

- One private group/team-building workout
- Join with no initiation fee (a \$25 value)
- Any two nutrition products for \$4
- Two FREE Burn classes
- One FREE 30-minute PT session
- 1st Month Free

Free Virtual Nutrition Webinars All Month!

It's National Nutrition Month and we're celebrating with a free Virtual Nutrition Fair. Join us every Tuesday and Thursday in March, from 12 pm to 1 pm, for a webinar on how food connects us, presented by our registered dietitians and nutrition coaches.

Scan the QR code below to register for any one or all of these information-rich webinars. The webinars are open to all tower tenants.

- **Tuesday, March 4:** The Sweet Truth: Everything You Need to Know About Sugar
- **Thursday, March 6:** Eating with Intention
- **Tuesday, March 11:** Spring into Action: Kickstart Your Health
- **Thursday, March 13:** Balanced Eating on Business Trips
- **Tuesday, March 18:** Nutrition and Hormone Health
- **Thursday, March 20:** Nutrition Under Stress
- **Tuesday, March 25:** Thriving Through Cancer
- **Thursday, March 27:** Healthy Snacking 101



For AAG site affiliation, enter **SteelFit**.

Hub Huddle

Join your fellow tenants for Hub Huddle every Wednesdays. Note time and locations.

- **March 5** – March Madness Basketball Challenge – Round One – at SteelFit, 12-1:30 pm
- **March 12** – Lucky You! St. Patrick's Theme – in The Hub, 2-3 pm
- **March 19** – Nourish and Flourish Tenant Cookbook – in The Hub, 2-3 pm
- **March 26** – March Madness Basketball Challenge Winners Circle – at SteelFit, 2-3 pm