



AUGUST 2025



# Tower Notes



## The Brave Space – A Place for Bravery in Action

This month, the Brave Women Project will launch The Brave Space — a new gathering spot for women located in the tower's Workspace Office Retreat area. Like the outdoor conference rooms, it will be available to reserve via QR code.

Small in size but big in intention, The Brave Space is perfect for quiet reflection, coffee chats, book club meetups or business conversations. It's a reminder that small acts of bravery — pausing, making decisions, showing up as you are — can have a big impact.

Watch for details about this exciting new space coming soon.

## Executive-Level Security Support

Chesley Brown is offering U. S. Steel Tower tenants a first-of-its-kind security support: access to a Fractional Chief Security Officer (CSO) and Protective Intelligence services at a preferred rate.

These services are designed to support businesses of all sizes at a minimal cost, with expert guidance in areas such as crisis planning, workplace safety, executive protection and threat monitoring, without the cost of a full-time security executive. For more information, contact Bryan Taylor at [bryantaylor@chesleybrown.com](mailto:bryantaylor@chesleybrown.com).

## Save These Dates!

- **Cornhole Tournament** – Wednesday, September 10th, lunchtime on the plaza
- **Oktoberfest Celebration**, Wednesday, September 24th, 3-7 pm on the plaza

Details coming soon.

## August Plaza Lineup

We've got sunshine, soundtracks, cool sips and more on the plaza this month. Grab your calendar and save these dates.

**August 5** – Tuesday Tower Concert, 11:30 am – 1:30 pm, Melina Bowser

**August 6** – Wind Down Wednesday, Jam Night, 4-6 pm

**August 7** – Acoustical performance by Eddie Erwin, 4-6 pm

**August 12** – Tuesday Tower Concert, 11:30 am – 1:30 pm, Come September

**August 13** – Wind Down Wednesday, Trivia, 4-6 pm

**August 14** – Acoustical performance by Noa Jordan, 4-6 pm

**August 19** – Tuesday Tower Concert, 11:30 am – 1:30 pm, Andrew Biscey

**August 20** – Wind Down Wednesday, Karaoke, 4-6 pm

**August 21** – Acoustical performance by Mike Arnold, 4-6 pm

**August 26** – Tuesday Tower Concert, 11:30 am – 1:30 pm, James Tobin

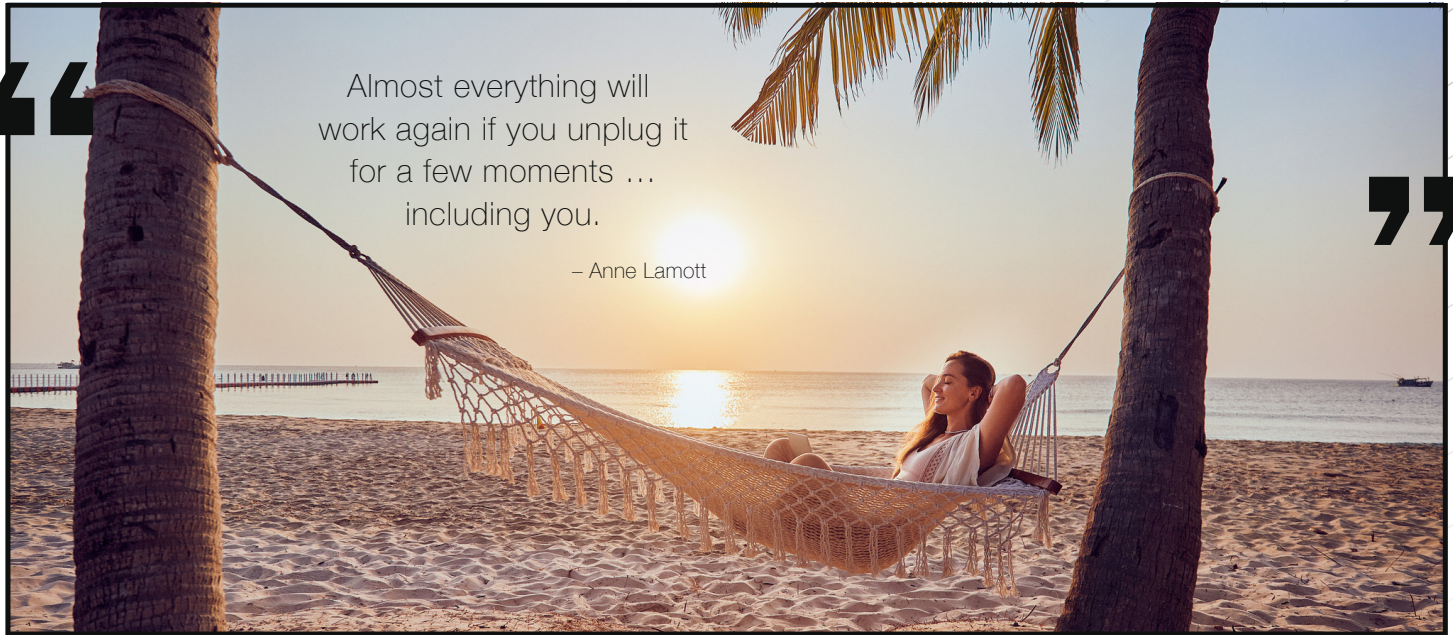
**August 27** – Wind Down Wednesday, Jam Night, 4-6 pm

**August 28** – Acoustical performance by Joel Lindsey, 4-6 pm



Brew Gentlemen  
is open 3-7 pm,  
Tuesday through Friday





“ Almost everything will  
work again if you unplug it  
for a few moments ...  
including you.

– Anne Lamott

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# STEELFIT

## Company of the Month

Congratulations to our company of the month, Full Service Network. We invite all Full Service Network employees 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

## Nutrition for the Athlete

Join us on Monday, August 11th, at 1 pm EDT as we celebrate National Wellness Month with a focused, uplifting webinar on building healthier habits and managing stress. Learn practical, evidence-based strategies to support your physical, mental and emotional well-being both at work and at home. Our wellness experts will guide you through simple self-care routines, stress reduction techniques, and tips to boost your daily energy and focus.

Free to all tenants. Scan the QR code to register.



## Not a SteelFit Member?

Join now and we'll waive the \$25 initiation fee. You'll also get:

- 1st month FREE
- One FREE 30-minute PT session
- Use of the fitness facility, locker rooms and pickleball court

And there's more. SteelFit members enjoy the following free classes.

- Yoga Flow, Tuesdays, 12:15 – 1 pm
- Vinyasa Flow, Wednesdays, 5 – 5:45 pm
- Mat Pilates, Thursdays, 12:15 – 1 pm

## Pickleball

Pickleball is free for all tenants throughout the month of August. Members can reserve the court on the U.S. Steel Tower App (select the blue tile "Book Fitness Classes" under "Explore" to get to the MindBody reservation site). If you are not a member, email Frank at [frondinelli@aagfitness.com](mailto:frondinelli@aagfitness.com) for available times.

Pickleball classes are now forming with instructor Ethan Dysert. Interested in signing up? Contact SteelFit at 412.553.8817 or email Frank at [frondinelli@aagfitness.com](mailto:frondinelli@aagfitness.com).

