



2019

HAPPY NEW YEAR!

Jan / Feb 2019
Vol 15 Issue 1



**Congratulations to our
Employees of the Month:**

JD Didion (Oct)

Sandra Johnson (Nov)



Follow Us!



260.483.1415

www.spiecefitness.com

News Flash

Youth Fitness Classes are Back!

KidFIT

For ages 10 & up, Tuesdays, 7:00-8:00 pm in the GFZone. This class combines sports and agilities in a fun, supportive environment that encourages a lifetime of fitness.

KidSTRONG

For ages 4-12, Mondays, 4:40-5:20 pm in the CoreZone. This class consists of physical/athletic movements, active motor skills drills, gymnastics, running, jumping, counting, catching, following directions and fun! (Limit 12 per class)

Both are FREE for member children, \$5 for guests. Sign up at the Front Desk Today! (Walk-ins welcome if classes aren't full).



Like YOGA? Try CENTERGY

Looking for Yoga? Try Group Centergy®! Group Centergy® will grow you longer and stronger with an invigorating 60-minute mind-body workout. It incorporates Yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey. Visit spiecefitness.com/schedules or the front desk for class times.



Business Network – Members Helping Members

If you'd like your business listed in our Business Network please email us information including contact, description, web address, social links, business category, and a JPG logo to: info@spiecefitness.com. Anyone can support member businesses at Spiecefitness.com/BusinessNetwork.



Did You Know?

- You can rent a small personal locker at Spiece for just \$10 a month.
- You can get 2 towels each visit and 2 free guest a month for just \$10 a month with our premier membership.

Star of the Month



Oct
Mike
Rayburn

Nov
Crystal
Benes



Laughter is Medicine



“Stop resting in peace and start getting some exercise!”



MOSSA Quarterly Launch

New music, new moves in our MOSSA programs coming your way in January.

Core	1/11	5:30 pm
Centergy	1/12	10:00 am
Power	1/14	5:30 pm
Blast	1/19	8:00 am
Fight	1/26	10:00 am
Active	1/29	6:30 pm

Spiece Performance Training

SPT provides training for athletes of all ages with a focus on fundamental movements for improving speed, agility, strength, and coordination, as well as injury prevention and rehab for all sports. Head Coach Becky Levi is a three-time National Weight-lifting Champion, two-time Olympic Alternate in Track & Field, three-sport Division I college athlete, and has trained with some of the most credentialed college and professional coaches in the world. Our team of trainers can work directly with your coach, physician or physical therapist for a more personalized, results-driven program. Group and individual options are available. Call 260-483-1415 or text 260-433-5417 for more information and a **free trial session**.



New Year's Goal?

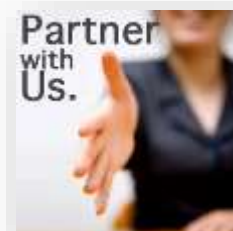
Current members (and new members who join in January or February)... Tell us your goal! We'll log and encourage you on your **personal 90 and 180 day goals**, and when you accomplish them, you'll be entered into a **drawing for great prizes** including 3 and 6 months free! Having trouble deciding? Our trainers can help you **establish a realistic and healthy goal!** You can schedule an appointment at the front desk or by emailing your request to info@spiecefitness.com, subject line "New Year's Goal".



Is Your Employer a Corporate Partner?

You and your co-workers may be eligible for special rates and benefits. If not, you can be! It's easy and free. To schedule a tour of our facility or for more information regarding our corporate packages, please contact...

Michelle Mikesell
Membership Sales Director
(260) 483-1415



Winter Swim Lessons

Next session begins Tuesday, January 8th and runs through Saturday, February 23rd. **Adult, youth, infant, toddler and private lessons available! Register by January 6th.**

