



**Congratulations
to our
Employees
of the Month**



Liliya Eckelbarger
October



Dennis Hettler
November



Follow Us!



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www.spiecefitness.com

NEWS FLASH

A Message from the Director

Happy New Year! While 2020 has been a challenge for everyone, I think we can agree we've learned a lot about ourselves and grown stronger through it all. I'd like to personally thank our members and employees for your loyalty and support of our Spiece community and of each other over this past year. It takes a village, and I'm so grateful for ours!

One thing we've learned is that we can't predict the future, but I do want to share some things we have planned for 2021 at the Epic Center, the new and improved home of Spiece Fitness:

- 22 new pieces of cardio equipment (Treadmills, Ellipticals, Bikes)
- 26 new spin bikes with exclusive "RPM room"
- 24-hour access option for select areas
- New rates for military, students and families
- Legacy Member privileges for current members
- Additional classes and program offerings
- Membership App for scheduling, account changes and goals tracking
- 20-Year Anniversary Celebration and Epic Center Open House Event

We'll also be changing our footprint in the facility to the north/northeast section including the former aquatics area. We'll be separate from - but still have access to - the new Adrenaline Adventure Park, Epic Café, and Epic Sports venues. We'll give up some of the unused space, but our usable space for equipment and classes will be the same, and the high ceilings and added windows will help maintain that open, spacious ambiance the large Fieldhouse provides.

We're also planning a separate member entrance in the back for convenient parking and entry with the 24-hour access option mid-year. Of course above all, Spiece Fitness and the Epic Center will continue following the CDC's recommendations and Governor's requirements to keep you safe.

Please make sure we have your updated contact information and follow us on social media so we can keep you informed of the changes and timeline.

On behalf of Team Spiece and your new Epic Center extended family...
Here's to a happy, healthy 2021!

Anne Davis
Director, Spiece Fitness



Star of the Month



Heather Rohrbacher
October



Steve Saharian
November

Laughter is Medicine



"I was going to get up early to go running but my toes voted against me 10 to 1"



PERSONAL GOALS:

1. GO TO THE GYM
2. EAT HEALTHY
3. BE AWESOME

Did You Know?

We offer members a FREE session with a Trainer (re-assessment or program evaluation) every 90 days.



Kick Start the New Year

- Are you looking for help with your New Year Goals?
- Are you looking to get started on your fitness journey?
- Or are you looking for a long-term lifestyle transformation?

Kick start your year with 4 Personal Training Sessions for just \$100! Ask our front desk staff for details.



Group Power— the Best Place to Start

Did you know that Group Power is the best place to start and is a perfect class for all fitness levels because of its basic movements and variety of weights? Visit our website for descriptions and our current Group Fitness schedule (modified during Covid precautions), and feel free to email Hannah at hpicotte@spiecefitness.com with questions about class or for some encouragement to take the leap. You'll get and keep results in a fun, safe, supportive environment with Group Fitness at Spiece. **See you in class!**



We're Hiring!

We're looking for service-minded people to join our team in Kids Zone (evenings, weekends) and Cleaning/Presentation (late nights/weekends). Applications are available at Spiece and our website at spiecefitness.com. Submit in person or email to HR@spiecefitness.com.



20 Years Strong

Spiece Fitness opened for business on **January 1, 2001**, and for our first workouts that February. What a journey! We're grateful to our members, past, and present, and to this community we're proud to call home. We'll be celebrating all year, so stay tuned!

