



**Spiece News  
Flash  
July/Aug 2021  
Vol 17 Issue 4**

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**4<sup>th</sup> of July**

**Saturday, July 4**

**7 AM - 2 PM**

**Child Care open 8-11 pm**

260.483.1415

www.spiecefitness.com

# NEWS FLASH

## Building updates



**New Roof Top units** – Sorry for the loud noise the last week of June, we had to cut the roof for the new units that are out in the lot now. The new units will be put in by helicopter on July 9-10. We will be closed on both those days to get the new units installed.

**Fitness Big Move** – The new flooring was pushed back to mid-July, due to the duct work for the new units. We hope by the beginning of August to be moved over to the new space.

**Locker room** – Both of the MLR/WLR are still getting planned out- TBD on the remodel.

**WLR sauna** – We are working to get the WLR sauna redone with new wood. Just like everything during these times, the material is going to take a little bit to get in and installed.

**Front Women's Restroom** – The expansion to the front restroom will start soon. It will mirror the layout in there now just reversed.

**New Turf Fields** – The area is getting prepped, so that the beams in the middle of floor can be removed to open the area up. Should be completed by mid-August to begin of September.

**Adrenaline Family Adventure** – Aiming for mid-September to early October to be done. If you have questions feel free to ask or email us at [info@spiecefitness.com](mailto:info@spiecefitness.com). We may not have all the answers yet, but we'll keep you informed as we do. Thanks for your patience.

## New Equipment

We are getting closer for the NEW Spiece layout to be completed! We are waiting for the new flooring and the duct work for new air units. Because we love our members, we got some new equipment for our new space. We also have more coming in within the next couple of weeks or so. Below are the pictures and names of the equipment we got in and some are even on the floor now. We also have Power Racks with platforms, Precor Treadmills, an Assault Air Bike, and a Hip Thruster coming soon.



Precor 8 Stack Multi Gym



Stair Master Gauntlet



Precor Elliptical



Plyo Box



Belt Squat

## Did You Know?

Members who participate in Group Fitness or with a Trainer statistically get better results than those who work out on their own.



## Laughter is Medicine

"Couch potato" is so offensive ... we prefer "furniture-based leisure prioritisers"



## Guest Pricing

### Group Fitness Class

\$10 per class

### Fitness Day Pass

\$7 per visit

### Open Gym Pass

\$7 per person

### Temporary Month Pass

Membership plan cost + \$20 enrollment Fee

## Group Fitness Quarterly Launches

Group Fitness July Launch Dates: \$5 for events for non Spiece Fitness participants

4 <sup>th</sup> of July Ride	Saturday, July 3	7:05 am
4 <sup>th</sup> of July Ride	Sunday, July 4	8:15 am
Blast	Thursday, July 15	5:30 pm
Rock N Roll Ride	Tuesday, July 13	6:15 am
Group Fight	Monday, July 19	6:30 pm
Group Active	Friday, July 23	9:00 am
Group Centergy	Tuesday, July 27	9:15 am
Group Power	Friday, July 30	5:30 pm
Group Core	Friday, July 30	6:30 pm
R/W/B Zumba	Friday, July 30	7:00 pm



**Blue Card Family Membership** \*1-5 people for just \$50 (Includes Classes)  
\*2 people over 18 and 3 under 18 to qualify.

## Child Care

**Hours:** 10:00am-2:00pm Monday - Sunday

**Age:** Walking age-13 years of age

**Location:** Core Zone

**Activities:** Games, Mats, Balls, Jump Ropes, Court time, Coloring station, Etc.

**Payment Methods:** \$5.00 per visit (two-hour limit), per child. Or one of the monthly child care programs, per child

### Monthly Programs

1. 60 Minutes / day = \$20.00 / Month / CHILD
2. 90 Minute / day = \$29.99 / Month / CHILD
3. 120 Minute / day = \$39.99 / Month / CHILD



## Summer Day Camp

**Session #1: Monday-Friday June 21<sup>st</sup> - July 2<sup>nd</sup>**

**Time:** 9:00 am-12:00 pm

**Ages:** 6-12

**Daily Drop in Fee:** \$10/Child or Pay in Advance Fee: \$90/Child

**Activities:** 30 minute youth group fitness class, organized and free play time on the basketball courts (basketball, volleyball, soccer), and more!

**An actual coach from each the different sports will run the program. A light lunch is provided for all youth!**

To register, please call 260-483-1415, or email [info@spiecefitness.com](mailto:info@spiecefitness.com). Drop ins are welcome! We may offer a second session!

