

Spiece News
Flash
May/June 2021
Vol 17 Issue 3

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Memorial Day Hours

Monday, May 24
7 AM - 2 PM

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260.483.1415

www.spiecefitness.com



NEWS FLASH

Building updates

Front restrooms – Front men’s restroom will be finished the first week of May. The women’s restroom will be completed the week after. Please work with us while the tournament patrons use our locker rooms during this time.



New Flooring - Courts 5-8 and Core Zone wooden floor are getting redone through mid-May. The new Spiece Focus room will have a brand new floating floor with the latest technology to help with the impact on your joints.

Fitness Big Move - We are about 5-7 weeks out on being able to move to the new fitness area. Due to rubber flooring, the roof in pool area being redone, and other unforeseen delays have put us a little behind our original schedule.

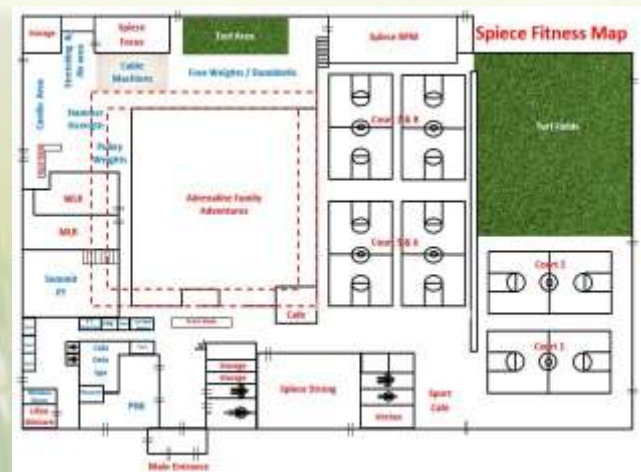
Locker room – We are about 3 weeks out for the renovation of the main men’s and women’s locker rooms. All locker rooms including showers and saunas will be closed for approximately 6-8 weeks. We’ll have use of the upgraded front restrooms for basic needs but there will be no shower option during this time.



If you have questions feel free to ask or email us at 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 Spiece Layout

We are getting closer for the NEW Spiece layout to be completed. The new layout will be in the old pool area and some of the current area. We are adding 2 new class rooms and some new cardio and strength equipment. One of the new class rooms will hold Mind & Body and the other will hold Spin Class! If you have questions email info@spiecefitness.com



Star of the Month



Ann Koch
February



Lewis Campbell
March

Laughter is Medicine



"I use aerobics music for my ringtone. Every time I get a call, I can sneak in an extra 15-second workout!"

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

Did you know?

All Spiece Fitness Members receive a 10% discount on food with a Spiece Fitness key tag at Mitchell's Sports & Neighborhood Grill. Located: 6179 W Jefferson Blvd



CORE Class Spotlight

Let's get Hard Core! Train like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, will help prevent back pain, and give you ripped abs! Expert coaching and motivating music will guide you through functional and integrated exercises using your body weight, weight plates, a towel, and a platform - all to challenge you like never before. Reach Your Peak with Group Core!



Group Fitness Puch Pass

Know someone that is not a member but would like to do classes? We have a 10 visit Group Fitness Class Pass on sale for 20% off the normal price of \$100.00. Expires 1 year from the issue date.



Contact Information

Do we have your current email address and cell phone number?

We don't have exact dates for a lot of the upcoming construction but will be given a week or two's notice for each section. We'll announce those dates on our website, social media, in-house flyers, text and email messaging to keep you informed. ***Do we have your current mobile number and email?***



Upcoming Tournament and Events

Spiece Fieldhouse Showtime Skills & Scrimmages

May 5 May 19 May 26

Be on the lookout for the Spiece 3 on 3 and College League

Upcoming Gym Rats Tournaments

April 30-May 2 May 28-30
May 15-16 July 23-25

Upcoming Spiece Fieldhouse Event

MMA "Art of the Scrap" - July 31st

