



News Flash

July / Aug
2018
Vol 14
Issue 4

Powered by:



FWSW Season 11 Finale

The FWSW Season 11 Finale will be held at the Performing Arts Center on **Saturday, July 14th at 6:30pm** during the Midwest Body Building Show. Congratulations to all of Season 11 on their hard work and success! Check out this Season's exceptional results at fortwaynessmallestwinner.com. Kudos to Rick and Tina Walters, and all FWSW sponsors and volunteers for making this life-changing program possible. We're honored to be a part of it!



Congratulations to our Employees of the Month:

Mari Wheeler (April)

Nikki Long (May)



Group Fitness Quarterly Launch

Move 4 Health in the month of July! New moves, new music in our MOSSA programs on:



7/12 **BLAST** at 5:30 pm

7/27 **ACTIVE** at 6:30 pm

7/23 **fight** at 6:30 pm

Group Power, Centergy, and Core TBA

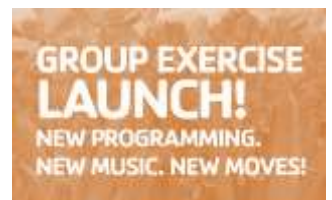


Follow Us!



260.483.1415

www.spiecefitness.com



Did You Know?

That Spiece is NOW 24/5!?!

Monday 4 am – Saturday 7 pm (consecutive hours)

Sunday hours: 7 am – 7 pm

Pool hours will be 5am-10pm Mon-Fri and 7am-7pm Sat/Sun

Star of the Month



April

Cheryle Culler



May

Kristi Acrhbold

Laughter is Medicine



"Today was leg day bro."

4th of July Hours

Wednesday, July 4

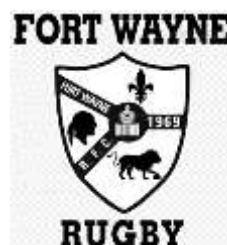
7 AM - 2 PM

Annual Pool Maintenance

The pools will be closed for annual cleaning and maintenance for **two weeks** this year: **Wed 8/22** through Labor Day, re-opening **Tues 9/4**. We appreciate your patience... lots of work this year to keep the pools clean, safe and operational for our members!

Congrats Fort Wayne Ruby!

Spiece is proud to sponsor the **Fort Wayne Rugby Club** who finished their 2017-18 season with an overall record of 21-1, the most successful year in club history! This year the Black & Blue won their third consecutive Indiana League Championship, were crowned Midwest Champions, and finished **5th in the nation**. **Wow!** (Your Spiece workouts paying off). The club, founded in 1969, has 80 active members and is led by head coach Bill Stevens. If you're interested in playing rugby visit www.fwrfc.com. Congratulations!



Summer Tournaments

Every weekend in July we host large, national youth basketball tournaments, which are great for the facility, the kids, and our city, but can be inconvenient to you, our valued members. We provide reserved parking and an alternate entrance for your convenience during these busy times. Remember the crowds are on the courts, not in the Fitness areas, so come on in!



Need a Massage? We got you!



Stacy Filler 260-740-4018
Certified Massage Therapist
Swedish, Deep Tissue,
Oncology, and Pregnancy



Lynn Pepple 260-450-0349
Certified Massage Therapist
Swedish, Deep Tissue, Therapeutic,
Hot Stone and Bamboo

