



# News Flash

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Powered by:



## Spring into Summer!

### Spiece Anniversary

Did you know that Spiece Fitness first opened its doors in 2001? That's **17 years** providing a full-service, unique fitness experience and there's more to come! Thank YOU for helping make that possible. May and June will be full of Anniversary promotions (including a special **\$17 enrollment fee**) making it a great time to bring your friends & family to the best gym with the best members in town!



### Thank you, Men's Sauna Sponsors



### Loyalty Points – New Program

Please verify your email address with us at the Front Desk or via [info@spiecefitness.com](mailto:info@spiecefitness.com) to receive notification when you reach 2,000 loyalty points. You'll receive free guest passes, spiece gear, and other loyalty prizes to choose from. Thank you for being a member!



### NEW! Wednesday Wellness Series

Join Coach Kyle for Nutrition, Fitness and other Wellness topics on **every Wednesday at 7:37 pm beginning May 9<sup>th</sup>**. Sessions will be held in the **Spin Zone** and are **FREE** to both members and guests!

To register simply email your name and area of interest to [info@spiecefitness.com](mailto:info@spiecefitness.com). We'll send you the schedule of topics and also enroll you in Coach Kyle's free fitness support program. You may also go to [CoachKyleDavid.com/Foundations](http://CoachKyleDavid.com/Foundations).



Congratulations to our Employees of the Month:

**Chezney French** (Feb)

**Ashley Pratt** (Mar)



Follow Us!



260.483.1415

[www.spiecefitness.com](http://www.spiecefitness.com)

#WednesdayWellnessSeries

# Did You Know?

...about our Premier Membership that includes

- Two (2) Towels per Visit
- Two (2) Guests per Month
- Double Loyalty Points

All this for

# \$10

Per month

## Star of the Month



February  
Don Beebe



March  
Shari Walter

## Laughter is Medicine



"My doctor told me to walk 5 days a week. The other 2 days, I guess you're supposed to carry me."

## Memorial Day Hours

Monday, May 29th

7 AM - 2 PM

## Free Story Time!

During the Month of May every Friday 7:00-8:00 pm and Saturday 1:00-2:00 pm at Spiece Fitness. Your child can engage in American Sign Language through books and music with a certified Signing Time Instructor. All ages and abilities welcome! **For more information visit [Notes2liveby.com](http://Notes2liveby.com).**

## Shari Walter's

In January of 2017, I went into the hospital with a blood clot. I was there for over a week. I was also diagnosed with Type 2 diabetes. I was then living a very sedentary life. I was overweight and had many health issues. When I got home, my doctor put me on a low carb diet and exercise. I started out by just walking. Then I joined Spiece and joined the pool class. I started to lose weight and feel better. After 6 months I got off of my diabetes medicine and blood thinner. I am now off of one of my cholesterol meds. My cholesterol is now in the normal range and my blood pressure is much better as well. I have lost about 70 pounds and feel 100% better than I did a little over a year ago." [Never Give Up!](#) [#ExerciselsMedicine](#)

## Summer Tournaments

It's the time of the year again when we host large tournaments on the courts side of Spiece Fieldhouse. We do our best to keep the member experience positive by offering member-only parking, alternate entrances and additional staffing. The schedule is posted at the front desk so you can plan ahead. Upcoming events are:

May 4, 5, 6, 12, 13, 19, 20, 25, 26, 27

June 23, 24

July 13, 14, 15, 26, 27, 28, 29

## Aqua Yoga

**Aqua Yoga** - A 30 minute yoga workout in the water. Increase your mind-body connection and mental awareness. Increase your flexibility and find new balance in the greater range-of-motion and support the water provides. This class provides a great path to gain self-confidence and find a new sense of wellness. (All fitness levels)

**Class Time:** Tuesday / Thursday 10:15 am

## Summer Swim Lessons

Next session begins Tuesday, May 8<sup>th</sup> and runs through Saturday, June 23<sup>rd</sup>. **Adult, youth, infant, toddler and private lessons** available! **Registration by May 4.**

