



News Flash

Sept / Oct
2015
Vol 3

Powered by:



Employees of the Month:

Congratulations to Spiece standouts, Erin Grutsch, May EOM, Derek Frisk, June EOM and Aaron Baker July EOM!



You'll receive updates, coupons, newsletters, and special offers!



Group Fitness Summit – Oct. 31

Our favorite event of the year is coming! Save the date for our **10th Annual Group Fitness Summit** scheduled on **Saturday, October 31st**. Our Mossa programs will launch all new releases, and there will be membership discounts, prizes, rewards and great energy all day! Stay tuned for details. Bring your friends, family and co-workers so they see how much fun Group Fitness can be! Also ask about our **20 class challenge** now through October 31.



September Membership Special

In Appreciation of those who serve...

Fire, Police, EMS, and Military Service men and women may join Spiece with **no Enrollment Fee in September**. If you know someone who is interested in joining Spiece, we are happy to offer you a Referral pass.



Annual Pool Maintenance

The Pools are **CLOSED** for Annual Cleaning & Maintenance **Sunday, August 30th - September 7th (Labor Day)**. Thank you for your patience as we strive to provide a clean and safe Aquatic Facility!



Bone Marrow Drive

We're hosting a Bone Marrow Registry Drive here at Spiece in **October** (date TBD). There is **no cost to register or donate**, though donations are also welcome that day. The registration process takes just 5-10 minutes and requires a simple cheek swab, and donating is **easier than ever before**. Date and details about this life-saving opportunity will be in the club and on our website soon! Ask for Kelly or Anne if you'd like to volunteer or get more information.



Did you Know?

- You should have protein within 30 min. of a workout? Stop by the Bistro for suggestions on our many protein-enriched menu items.
- The average 45 minute SPIN class covers 14 miles?

Star of the Month



May – Charlie Phan



June – Alan Lichty



July – Justin Pratt



“Running is bad for my knees; NOT running is bad for everything else!”

LABOR DAY HOURS
September 7th
7-2 pm

Kid Fit - Group Class for your Kids!

Kid Fit class is held **Wednesday at 4:15 pm** in the GF Zone. This 40 minute, fun-filled variety class is designed for kids ages 5-12. Kids will **learn the value of being active at an early age** with their very own class that will vary from dancing and intervals to kick-boxing and boot camp movements, all to the music they love!



Spiece Business Network

Spiece members often support each other in business, and we want to help. If you own business or have a significant role in your company, visit our website to **submit your business** to the **Spiece Business Network**. All members can view this tab for information and offers from their fellow Spiece members.



Group Fitness Etiquette

Please help us provide a safe and enjoyable experience for everyone! Here are some **common class etiquette guidelines**:

- Keep talking to a minimum, and in a low voice, so others can hear the Instructor cues and enjoy class.
- Wipe down your mats after use.
- Silence your cell phones during class.
- Return your weights and equipment after class.



Fall Swim Lessons begin Sept 19th

The Fall Swim Lesson session begins Saturday, September 19th – and runs through Wednesday, November 4th. Please register right away as class sizes are limited and will fill up quickly.



Lifeguards Needed

Enjoy working in a team environment? We are currently **seeking help in our Aquatics Department!** Stop by the Front Desk to apply, or call us and ask for Hannah or Anne.



Sports Area Closed for Floor Work

The Sport Training area in back will be **CLOSED** for **up to two weeks in September** for the floor manufacturer to re-lay the floor. We will announce the dates as soon as possible and appreciate your patience.



Member Referral 7 DAY TRIAL PASS

Guest of: _____
 (Member Name)



Must be 18 or older.

Valid for local, first-time guests.