

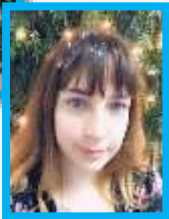
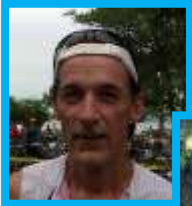


NEW YEAR

✓ GOAL
✓ PLAN
✓ ACTION



Jan / Feb 2020
Vol 16 Issue 1



Congratulations to our
Employees of the Month:

Jerry Steinhoff (October)

Nica Siples (November)



Follow Us!



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www.spiecefitness.com

News Flash

5 Healthy Resolutions to Jump Start 2020

Hold a Plank

If you've been longing for a stronger core, planks are the way to go. With consistency, you can build up to a 90- to 120-second plank, and visible abs will be yours in no time.



Drink More Water

There are so many reasons to kick your soda habit and start drinking more water. In addition to staying well-hydrated, drinking up to eight glasses of water a day will help you get clearer skin, feel more energized, and lose weight. Start by simply bringing a refillable bottle to keep at work, and opt for water when dining out.



Walk More

Walking is excellent exercise that tends to be overlooked. Whether it's by taking your dog for longer regular walks, walking to the store nearby instead of driving, or taking that furthest parking spot, every bit counts.



Finally Try That Fitness Class!

Whether it's Spinning, Yoga, or Zumba, commit to finally trying it at least once! (Remember classes are free with your Spiece membership).



Get More Sleep

Easier said than done, but the benefits are endless, from having more energy to boosting your immunity. Take steps to get to bed earlier such as winding down with yoga or removing electronics from your bedroom.



Excerpt from popsugarfitness.com/EmilyBenton

Do we have your Email Address?

We'll have facility updates to share with you in the next couple months, and Email is the fastest way for us to do it! Please update your email and other contact info with us if something has changed. You can just let us know at the front desk, or email us at info@spiecefitness.com.



Did You Know?

- You can rent a small personal locker for just \$10 a month
- You can get 2 towels per visit and 2 free guests per month for just \$10 per month with our Premier Membership



Star of the Month



October
Matthew Bohkart

November
Juan Navarro



Laughter is Medicine



“It’s called ‘fast food’ because it goes to your hips faster than regular food.”



MOSSA Quarterly Launch

New music, new moves in our MOSSA programs coming your way in January.

Active	1/13	9:15 am
Blast	1/18	8:00 am
Centergy	1/21	9:15 am
Fight	1/25	10:00 am
Power	TBD	
Core	TBD	

Kids Night Out (KNO)

KNO is 1/10 and 2/14 (Yes Valentine’s Day time for Parents!) Sign up at the front desk! We have a bucket in KZ for a drawing every month for a chance to win 1 free KNO. *Last Month KNO winner is: Curtis Jolly*



Survey Monkey

Improvements coming in 2020! Look for this survey in your email soon for an opportunity to tell us how to make your member experience more awesome. (Do we have your email address?)



Winter Weather Emergency Guidelines

In the event of a **Winter Weather Travel Emergency**, we remain open as follows:



Travel Advisory: Gym is open, though classes and services may be limited.

Travel Watch: Gym is open with very limited services. No classes. No Kids Zone. Call ahead for specific services.

Travel Warning: Gym is closed all day regardless of when the travel warning is lifted.

Note this is for Travel Advisories, not general weather announcements which have similar names (“Winter Weather Watch” etc). Visit our website or follow us on Facebook and

Group Fitness Challenge

This challenge will help you get to know your instructors and get you to try some new classes! Take 7 classes and find out a fun fact about the instructor of those classes you took. Complete 1 of each of the 6 different Mossa group fitness classes and 1 of the other many non-Mossa classes from January 1st-January 31st and be entered into a drawing for a FREE Custom Spiece Gear. Remember all classes on the schedule are included FREE with membership.

Mossa Classes: Power, Blast, Centergy, Fight, Core, Active

Non-Mossa Classes: Spin, Boot Camp, Interval Training, Gravity, Tai Chi, Sit N Sweat, and Aqua Classes



Swim Lessons

Next session begins Saturday, January 25th and runs through Saturday, March 14th. (Saturday morning only) **Adult, youth, infant, and toddler private lessons** available!

