



LET TODAY
BE THE
START OF
Something New

SPRING

Mar / Apr 2019
Vol 15 Issue 2



Congratulations to our
Employees of the Month:

Lamina Cooper (Dec)

Erika Gamble (Jan)



Follow Us!



260.483.1415

www.spiecefitness.com

News Flash

Spring into Spiece!

Help a friend or loved one **Spring into Spiece!** Simply give them the referral card below and encourage them to Get More out of Life with **7 days free** and **\$25** toward their first month.

Member Referral Card

Guest below receives a **7 Day Free Trial** Plus
\$25 toward your First Month

Valid through 4/30/19 – Referring member gets to draw from **Pot of Gold**



Guest

Referring Member

Spiece Custom Gear

Did you know you can order **custom Spiece Gear**? Simply visit <https://spiecefitnessapparel.itemorder.com> and choose from many options! The process is easy, affordable and includes free delivery when you pick up at Spiece. See JD for details or special requests.



Love Kids? Like Cleaning?

Love kids? Like cleaning? Spiece is hiring for these part time positions. For more info call 260.483.1415 or email us at HR@spiecefitness.com. **Fun place to work!**



Did You Know?

- "The mood benefits of just 20 minutes of exercise can last up to 12 hours."
- "Exercise is a proven remedy for both Depression and Anxiety."

Star of the Month



Dec
Miranda
Bear

Jan
Doug
Meyer



Laughter is Medicine



"You have a rare condition called "Good Health". Frankly, I'm not sure how to treat it."



Reminder to
"Spring
Forward"
to daylight
savings time
on March 10th



MOSSA Quarterly Launch

Next Mossa launches are in April.

St. Patrick's Challenge

Group Fight, Group Centergy & Group Core are the *green* Mossa Programs we're focusing on this month! Grab a challenge card at the front desk and take 2 of each class to fill the clovers and complete the Challenge. Challenge runs 3/11 - 3/31. Each clover completed is an entry into the drawing for a free t-shirt and a *green* smoothie from Complete Nutrition.

HAPPY ST. PATRICKS'S DAY!



Complete Nutrition

During non-staffed hours you may purchase Refrigerated Drinks, Pre-Made Meals, Protein Bars, and Supplements at the front desk.

During staffed hours Complete Nutrition will offer Shakes, Smoothies, and more.

7:00 am-12:00 pm and 4:00-8:00 pm Monday - Friday
9:00 am-2:00 pm Saturday 10:00 am-2:00 pm Sunday



DREEM CBD Oil

DREEM CBD Oil is formulated by a Doctor with an included Terpene Advantage matrix - the first of its kind in the industry!

Contain 0% THC

CBD Oil Terpene Advantage 250mg - \$45.00
CBD Oil Terpene Advantage 500mg - \$85.00

Contain less than .3% THC

CBD Oil Full Spectrum 500mg - \$75.00

See our lab results here: www.labtest.dreemnutrition.net



Spring Swim Lessons

Next session begins Tuesday, March 12th and runs through Saturday, April 27th. **Adult, youth, infant, toddler and private lessons available! Register by March 8th.**

