May / June 2019  
Vol 15 Issue 3

Congratulations to our Employees of the Month:

David Mau (Feb)
Dennis Hettler (Mar)

Follow Us!

260.483.1415
www.spiecefitness.com

News Flash

Mental Health Resource – Look up Indiana
We focus on physical health here at Spiece, but know that mental well-being is just as important. Look Up Indiana - inspired locally by the Lutheran Foundation - can be a great resource for all aspects of mental and behavioral health. If you or someone you know is suffering, or if you'd just like to learn more, visit https://lookupindiana.org, call 800-284-8439, or text LOOKUP to 494949.

May is Mental Health Awareness Month

Join or Refer a Member in May and get a free month for Mom! (or any loved one)

Custom Spiece Gear  Go To: spiecefitnessapparel.itemorder.com
It’s easy and affordable with many styles, colors and sizes!

Official Partnership: Spiece members receive 10% off food at
**Did You Know?**

When cancelling your membership 30 day notice of the next billing date is required. So when giving notice, make sure to let us know by the 5th of the month. Or better yet, don’t cancel!

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**Star of the Month**

Feb  Denise Eiter

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**Laughter is Medicine**

“How many times should I push the elevator buttons to equal the same calories as taking the stairs?”

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**Memorial Day Hours**

Monday, May 27th
7 AM - 2 PM

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**It’s Tournament Time!**

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 make these guests feel welcome, while keeping 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 3-5 - **Big**
- May 11-12 - **Med**
- May 18-19 - **Sm**
- May 24-26 - **Big**
- June 8-9 - **Sm**
- June 13-16 - **Med**
- June 22-23 - **Med**
- June 28-30 - **Med**
- July 6-7 - **Sm**
- July 26-28 - **Med**

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**Welcoming Lee to Cala Deia Spa**

Lee Wilcher, CMT. Lee has a love of helping others. He has developed a thriving practice. Lee describes his work as “precision pain relief” Lee’s positive attitude and spontaneous sense of humor endears him to his clients. Lee seeks to enrich the lives of his clients by teaching them self-treatment techniques for everyday use. These accelerate the healing process and reduce chronic pain. **Join us in welcoming Lee to**

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**One Year Later – Thank You Sauna Sponsors!**

Did you know? The new Sauna heater is designed to allow for water to be added to the rocks. Limit one cup please.

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**Spring II Swim Lessons**

We are running Saturday morning swim lesson this summer. Next session begins Saturday, May 17th and runs through Saturday, June 29th. **Adult, youth, infant, toddler and private lessons** available! **Register by May 15th.**