



**Congratulations
to our
Employees
of the Month**



**Michael
Gallogly**
August



**Becky
Gerding**
September



Follow Us!



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www.spiecefitness.com

NEWS FLASH

An Epic Message

Hello Everyone!

I bet you've been wondering what's happening at the Spiece Fieldhouse. You've noticed the building has been painted a fresh color. You may have heard a "rumor" that the facility has been purchased. And of course, you're noticing right now that the News Flash has a new look and feel! Or perhaps you've simply felt a lot of energy in the air. And there is!

The Epic Center Investment Group is indeed breathing new excitement, new activities and new opportunities for our valued members, interested-in-joining parties, and our community. We are ecstatic about all the fresh changes on the horizon! Spiece Fitness also wants to take a moment to thank YOU for your continuous support, vested interest, and active participation over the years.

The revitalization will begin soon with all the sights and sounds of progress (aka demolition noise and dust!). This will continue as various sections of the building get underway. We really appreciate your patience and positive mindsets during this time as we maximize the progress and minimize any interference to you. Please follow us on social media for "up-to-the-minute-news" (Spiece Fitness now, Epic Center soon). Oh, and before we forget, please verify your contact information (especially you long-time members!) to receive ongoing updates and timelines.

Now, here's a "peek under the tent" of what to look forward to as the Epic Center evolves. You'll see three distinct areas: "Spiece Fitness," "Sports," and "Adventure." Amongst other things, "Spiece Fitness" will have an even more complete range of equipment in a modified footprint. "Sports" will modify its eight basketball courts to four - to put in four turf fields! The new addition, "Adventure," will be an Adrenaline Family Adventure Park similar to the one in Fishers. Your kids will love it and we bet you'll find your "inner child" when you join them in their adventures.

With this transformation, the Epic Center will be about creating "Experiences of Excellence" in sports, wellness, life and entertainment for the family and the community. It will be a safe haven where youth and adults, from beginner to advanced, can Play, Train and Compete. Kids will be taught sport fundamentals, and life lessons like teamwork, sportsmanship and self-confidence that extend beyond the playing field. And it will be where Fun for all is not just a by-product, but a priority!

This amazing action-packed place will have a renewed sense of vitality and our enthusiastic staff will continue to deliver unparalleled excellence in service and knowledge. Their commitment to your having great experiences and helping you create awesome memories is because we take great pride in, and love, what we do!

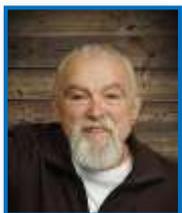
Exciting things are in the works! **WATCH US NOW!**

Star of the Month



Mike Pierce
August

Keith Bungard
September



Laughter is Medicine



Holiday Schedule



Wed 11/25 5am-10pm
Thu 11/26 7am-2pm
Fri 11/27 5am-12am



Thu 12/24 7am-2pm
Fri 12/25 Closed
Sat 12/26 7am-7pm



Thu 12/31 5am-8pm
Fri 1/1/21 8am-4pm
Sat 1/2/21 7am-7pm

Did You Know?

Spiece Fitness is the ONLY licensed SPINNING® facility in Northeast Indiana and the average 45 minute SPIN® class covers 14 miles.



DJ's Fitness Tip

With cold weather on the way and sunsets getting earlier, here are a few ways to avoid that seasonal depression:

1) **Exercise daily.** Exercise causes your body to release chemicals called endorphins that interact with receptors in your brain to help reduce the perception of pain and trigger a positive feeling, similar to that of morphine.



2) **Supplement Vitamin D.** Approximately 42% of Americans are deficient in Vitamin D, which is primarily obtained through sunlight. Vitamin D is a one of the most important vitamins to aid your immune system, along with Vitamin C and Zinc.

3) **Sleep.** Getting 7-9 hours of sleep every night is often overlooked. Getting a sufficient amount of sleep can aid your immune system, help regulate weight, and reduce stress.

Group Fitness

Love the MOSSA classes at Spiece but can't always make it to class? We now offer MOSSA Move for at-home workouts when you sign up through this link: [Spiece Fitness MOSSA Move](#) for a small monthly fee. These include **Group Power, Group Centergy, Group Fight, Group Core** and **Group Blast!** Of course "It's Better in a Group" and any Groupie knows 90% of people who work-out in a group get better results and stick to their program. But Mossa Move is a great option when you're on the go to stay on track with your fitness goals. And we support that because we support YOU!



Active members, email Hannah at hpicotte@spiecefitness.com to join our Spiece Fitness "Groupies" Facebook group for ongoing support and motivation.

Time to Re-Member

Know someone who's thinking about coming home to their Spiece family? **November** is the time to **Re-Member!** Former Spiece members can re-join for \$0 down and no dues in November (3 month minimum). Make sure they say you referred them and we'll thank YOU with a free T-shirt and 5 Free Guest Passes. **We Love Our Members!**

