



Get More Out of Life

Spiece Fitness is a state-of-the-art facility where fitness professionals help you achieve new levels of conditioning and well-being. Spiece expands the services offered in traditional health clubs by incorporating fitness and education to meet your individual needs. The result is an innovative facility that goes beyond a basic health club or gym to help you Get More Out of Life!

Membership

Spiece Fitness offers memberships to meet the needs of every individual. An enrollment fee is paid upon joining and your monthly dues are collected electronically from your credit card or bank account. Memberships are month to month and can be cancelled with a 30 day written notice. Membership allows you to participate in the programs and activities offered at Spiece including group exercise and aquatic classes, nutrition programs, and locker room amenities.

Personalized Programs

Spiece Fitness offers an exciting new concept in health and wellness – a personalized approach to assessing your fitness needs and helping you reach your goals. Through the use of your health risk assessment and fitness assessment, our degreed personal training staff will design a program specifically to meet your needs. Personal trainers are also available for one-on-one sessions for a very reasonable cost.

Education and Recreation Opportunities

At Spiece Fitness, wellness means more than just a workout in the gym. To complement your personalized exercise program, Spiece offers seminars on topics such as relaxation, nutrition, weight management, fitness tips, stress management, and sports coaching to help you overcome any obstacles that may sabotage your efforts. If you are into sports, Spiece Fitness offers a wide variety of recreation activities also. Fair Play Volleyball offers leagues of all skill levels from the fall through the spring months. Gym Rats basketball organizes and runs camps and leagues for children of all ages.

Aquatic and Group Fitness Classes

Spiece Fitness offers a wide selection of group fitness and aquatic classes for members that are included with membership. The group fitness schedule includes classes such as Sit & Sweat, Spinning®, Pilates, and traditional high/low impact classes. Spiece is the only facility in Northeast Indiana that offers the BTS (Body Training Systems) classes Group Step, Group Power, Group Centergy, Group Groove, and Group Kick. Our aquatic schedule offers various levels of classes in both the main pool and the warm water pool. Join us for Hydro Burn, Aqua Fit, Power Plunge, Power Aqua, and Liquid Heat. We also have classes geared to those with arthritis or Multiple Sclerosis taught by caring, certified instructors.

Child Care and Kids Zone

Child Care is available for children ages 6 weeks to 6 years old. Children are able to enjoy a variety of toys, games, arts, and crafts. Kids ages 7–13 are able to spend time in the Kid Zone that offers games and activities that keep your child active while you get your workout in. We offer family swim times daily so that families can spend time together in the pool also. Be careful, your child may not want to go home!

Spiece Bistro

Relax before or after your workout in the Spiece Bistro, which offers a wide variety of protein shakes and fruit smoothies. After you build up your appetite on the fitness floor, you can fill up with a sandwich, wrap, salad, or even an appetizing omelet. Other quick grab items include fresh fruit, muffins, granola bars, energy and protein bars, water, coffee, Powerade, and Coke products.

Spiece Day Spa

The Spiece Day Spa offers clinical and spa skin care including facials, micro-dermabrasion, body wraps and European waxing. Manicures, pedicures, and a full line of make-up are also offered. A variety of massages are also available to choose from including Reflexology. Members of Spiece Fitness receive a discount on services at the Day Spa. For more information regarding Day Spa services, hours or to schedule an appointment call 260-969-6353.

Spiece Pro Shop

The Spiece Pro Shop offers a large variety of college and pro sports apparel. We carry workout attire and shoes for land and water from name brands such as Nike, Adidas, Asics, Soffe, and Speedo. Valet items and gift ideas are available for those last minute needs. Anything that you don't find in the store can be easily ordered at www.denimexpress.com.

Therapy and Dietitian Services

Spiece Fitness is home to Summit Physical Therapy which is owned and operated by Andreas Lohmar. We also offer consultations with Registered Dietitians by appointment.

Spiece Fitness Center Hours of Operation

Monday-Thursday	5:00 am - 10:00 pm
Friday	5:00 am - 9:00 pm
Saturday	7:00 am - 7:00 pm
Sunday	9:00 am - 6:00 pm

Child Care Hours

Monday-Friday:	8:00 am - 1:00 pm & 4:00 pm - 8:00 pm
Saturday:	8:00 am - 4:00 pm
Sunday:	Noon – 4:00 pm (seasonal)

Location:



Spiece is conveniently located less than one mile from I-69 off Ley and Lima Roads. To learn more about Spiece and its programs, stop by at 5310 Merchandise Drive, call us at 260-483-1415, or visit us at www.spiecefitness.com