



This email was sent to me on 2/28/08. I couldn't be more proud of our team! Thank you, and know that you DO make a difference in people's lives...

Dear Anne,

I received your thank you note re: my new membership the other day and wanted to throw a comment (or two) your way before I lost track of things.

Briefly, for several years I have been playing volleyball with Fair Play during the (ahem) "Indiana" months. Each time I entered the facility it was always very attractive to me but in spite of my regret, I did not plunge forward and join. I had been programmed by whomever that "it was really nice but too expensive". Now that you know this status has changed, I can express without equivocation---I am delighted beyond my imagination! Naysayers be gone!

Playing 5-7 days a week during the normal outdoor months, my primary goals were injury prevention and to be fit and ready for whatever the twenty-somethings ;) could throw at me this spring, summer, and fall. In my mind, what was essentially needed was an improvement in core strength and quickness. I thought I was basically in "pretty good" shape from my lifetime of construction work but wanted some insurance (so to speak) to see if I could step up the quality of my game a notch or two. I was most attracted to the availability of yoga/pilates having spent a good many hours in my living room with a DVD and a stretchy band. That "system" had helped me a lot through last season. Lol, I had NO CLUE!

As soon as that unknown force dragged me with great trepidation through the entry to Spiece LMC and got me actually talking to your rep, I was sold! Certainly, there was some anxiousness on my part because I knew no one and was, frankly, somewhat intimidated by knowing that I was going to need to release some (or most, actually) of my inhibitions to join into the group situations in order to get from your programs what I felt was potentially available.

That's when the Spiece people really came into their strength. Every individual I encountered was genuinely nice. That really helped me overcome much of my nervousness. They were not judging me or my motives--they showed through their interaction that they were truly interested in helping me achieve my goal(s). And (holy cow) they smiled.

The group programs offered me more fitness development opportunities than I had expected to attend. Centergy led me to Power which intrigued me to try Step which then led to (omg :)) Groove. "With everything this good", said I to myself, "I'll bet there's more". There was...and is. Interval training and "just plain yoga" has also filled my plate thus far.

So before this gets too uncommunicative, **let me be clear. It's The People! The Spiece folks are encouraging without seeming to judge, friendly without being fake about it, and regularly show by their actions that they are real pros and enjoy what they do.**

Those are just a few of the things about Spiece that make me grin and feel really good...and that's great!

(Btw, I had to adjust the day I was leaving for a tournament in Florida so I could get in "one more morning" at Spiece. To stay in Indiana's snow an extra day to go have a blast working out instead of playing volleyball in Florida. Hmmmmm.....:-D) I'm obsessed, I know...but it's just too much fun.

All My Best,
Howard Ericson

**5310 Merchandise Drive, Fort Wayne, IN 46825
260-483-1415 Fax 260-969-1867 www.spieceLMC.com**