



THE BENCH PRESS

www.HealthClubatSouthpointe.com FEBRUARY 2026

MEMBER SPENCER SLADE NWA World Jr. Heavyweight Champion!



“Spencer Slade with his manager Aron Stevens defeated Alex Taylor for the NWA World Jr. Heavyweight Championship at NWA Samhain III LIVE from Center Stage in Atlanta, GA on the January 20th episode of NWA POWERRR”

“The Health Club at Southpointe is where winners train. It’s the home of the current and reigning NWA World Jr. Heavyweight Champion Spencer Slade! A former All-American in college, Spencer takes pride in an insane work ethic and focus. You can watch Spencer every single Tuesday night at 8pm ET on Roku Sports for NWA’s flagship show, NWA POWERRR. Follow Spencer’s wrestling career on his social media: Instagram @sladewrestling and on X: @sladewrestler”.