

SALEM FITNESS CENTER



NEWSLETTER



DECEMBER 2014



Give the Gift of Health !!



Purchase a gift certificate to the Salem Fitness Center for a special person in your life.

Certificates are \$25.00

This gift keeps on giving long after the holidays are over.

Show someone how much you care!!

(Special Senior discount available)

SPECIAL POINTS OF INTEREST:

CHRISTMAS SPECIAL!

NEW 24-HOUR ACCESS CODES AVAILABLE!

Angel Tree at Walmart

Keep your appetite in check after a workout!

SFC has Ping-Pong!

Check out our new website!

“Maybe Christmas”, he thought, “doesn’t come from a store. Maybe Christmas ... perhaps... means a little bit more”

Dr. Seuss

New 24-hour Access is here!!

Stop by the office for your number. There will be an extra \$5.00 charge per month per person applied.

(Previous 24-hour access members must turn in keys.)



Wi-Fi now available at the Salem Fitness Center!



Check out our new website!!

Same location:

www.salemfitnesscenter.org

Lots more information and photos.

IMPORTANT MESSAGES

2014 Holiday Schedule Salem Fitness Center

December 24 - The Fitness Center will close at 12:00. Abs & More (12:15) and Yoga (5:15) classes will be cancelled.

December 25 – Christmas Day-Closed

December 26 & 27-Closed

December 31 – The Fitness Center will close at 12:00.

Abs & More(12:15) and Yoga (5:15) classes will be cancelled.

January 1 – New Year’s Day – Closed

January 2 & 3 - Open

Merry Christmas & Happy New Year to you & yours!!

The Salem Fitness Center has Ping-Pong!

Bob & Gail Gravley have graciously donated a Ping-Pong table & paddles for use by members at any time. Bob has scheduled every Wednesday in the gym from 6-8pm for anyone that would like to join him. He will also provide instruction.



Come join the fun!!



ANGEL TREE



Wal-Mart and The Salvation Army have joined together this holiday season to help make a child’s holiday brighter.

Here’s How It Works:

Beginning on December 3rd, select a tag representing a specific child from the tree at Wal-Mart.

Shop for gifts based on the parent’s suggestions. You do not have to purchase everything, this is just a guideline.

Bring unwrapped gifts to the Wal-Mart Service Desk along with the angel tag by Tuesday, December 16th.

Gifts will be distributed to your adopted “angel” on Thursday, December 18th.

For questions, please contact The Salvation Army at 729-8163.

FIT TIP OF THE MONTH: KEEPING YOUR APPETITE IN CHECK AFTER A WORKOUT

Ever finish a tough workout and feel like you could gobble up an entire Thanksgiving dinner all on your own? Hunger is an inevitable result of exercise, but when your workouts leave you feeling completely ravenous, it can be hard to control your post-workout appetite. Unfortunately, when your eating habits are left unchecked, your fitness and weight loss goals may become compromised. Keeping your appetite in check after a workout is no easy feat, but we talked to a few experts and asked them to share their best anti-overeating tips.

Scott Malin, a NASM Certified Personal Trainer and creator of the H.E.M. Ankle Rehab System suggests:

Including healthy fats in your post-workout meal: Malin says that healthy fats will aid with recovery and help to build lean muscle. “The best options are some foods that contain protein and healthy fats, like a handful of nuts or a plate of beans and guacamole. The idea is to satisfy your body with the micro and macro nutrients it needs most instead of consuming empty calories that will not help you recover from the workout.”

Rehydrating right away: “Drink at least two big glasses of water after your workout,” he said. “Your body will be in serious need of water after a long, hard workout. And drinking water will help fill you up and stop some of those hunger pains.” Malin strongly suggests rehydrating only with water and recommends avoiding sodas and juice because they will only provide empty, sugar-filled calories.

Eating slowly: Regardless of how hungry you are at the moment, Malin says that you should concentrate on eating your post-workout meal slowly. “Chew your food and enjoy the meal. There is a time lapse between your brain and stomach in terms of feeling full,” he explains. “Once you finish your meal, wait about ten minutes and then check in with your body. If you are still legitimately hungry, then eat a little more. But, you may be surprised to learn that your body actually feels full on a lot less food if you just give it a little time to digest.”

Additionally, Certified Holistic Health Coach Sue Eull RN, CHC offers the following expert advice. “Hard-to-control hunger could simply be the need to eat more calories, but it can also be a signal from our bodies that we are not giving it the overall nutrition it needs,” she explains. She recommends making sure to consume an adequate balance of nutrients on a daily basis. “Food is the fuel,” she said. “It sounds simple yet many individuals have a tendency to skip meals or snack in place of a meal. Implementing this tip will support your entire body; especially your adrenal function and blood sugar levels in relation to workouts.”

(in part from MSN Health & Fitness)





SALEM FITNESS CENTER

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The information in this newsletter is believed to be accurate & correct to the best of our ability. We do reserve the right to make any changes and/or corrections after the fact.



“Like” Salem Fitness Center on Facebook.

WWW.SALEMFITNESSCENTER.ORG

PROMOTING HEALTHY LIFESTYLES

Birthdays

Opal Hutson	12/1	Claudia Dickson	12/17
Brenda Jessen	12/1	Rebecca Stokes	12/17
Carol Gibbs	12/1	Ken Miner	12/18
Jay Dickson	12/2	Gene Craft	12/20
Kara Huitt	12/2	Ruth Ann Parker	12/22
Jay Gibbs	12/2	Theresa Pitchford	
Mark Weaver	12/3		12/24
Tabitha Stanfast	12/3	Samantha Brown	12/27
Destry Ritter	12/4	Karen Pace	12/29
Rebecca Inman	12/5	Daniel Slane	12/30
Andrew Wynn	12/9	Sue Woods	12/31
Tina Whitaker	12/10		
Amber Ritter	12/10		
John Dzindolet	12/10		
Maureen Janson	12/11		
Gail Steelman	12/12		
Lois Stacy	12/12		

Happy Birthday to You!!!



MEMBERSHIP RATES

Regular Membership:
Adults (Under Age 65):
\$28/month Discount available: Pay for 5 months & get 6th month free (5 X \$28 = \$140)

Senior Membership:
Seniors (Age 65 & over):
\$23/ month Discount available: Pay for 5 months & get the 6th month free (5 X \$23 = \$115)

Senior Household Discount: \$20/month EACH (Age 65 & over)

Household Discount:
\$23.00/month EACH
(2 members from the same address & under Age 65)

FAMILY DISCOUNT:
\$50/ 3 PEOPLE
\$10 EACH ADDITIONAL MEMBER

Daily Fee: \$5.00 each

Weekly Fee: \$8.00 each

Corporate Fee: \$25.00

Punch Cards: \$30/7punches (good for classes only)

Wi-Fi now available!!

Ask us about our ACH bank transfer rates!!

Personal Training:

For Members:
\$25 for 1 session or \$80 for 4 sessions

Initial Fitness Assessment FREE

Follow up evaluations included.

Personal Training Sessions are by appointment only. Please contact Susie Cahill for more information.

Fitness & Cardio Room Hours:

5 a.m. to 9 p.m. Mon-Thurs

5 a.m. to 7 p.m. Friday

9 a.m. to 12 p.m. Saturday

Weekly Classes Offered:

Monday:

Sweet & Low—8:30 a.m.

Cardio Blast—5:15 p.m.

Kickboxing—6:30 p.m.

Tuesday:

Slow Motion— 10:30 a.m.

Power Circuit— 5:15 p.m.

Zumba—6:30 p.m.

Wednesday:

Morning Burn—6:00 a.m.

Sweet & Low—8:30 a.m.

Abs & More—12:15 p.m.

Yoga—5:15 p.m.

Thursday:

Power Circuit—12:15 p.m.

Cardio Combat—5:15 p.m.

Zumba—6:30 p.m.

Friday:

Sweet & Low—8:30 a.m.

Slow Motion—10:30 a.m.

