

SALEM FITNESS CENTER



# NEWSLETTER



**October 2014**

## Medicare Part D Prescription Drug

**A representative from Central Missouri Agency on Aging is available to assist during the Medicare Part D open enrollment period. The Salem Community Center @ the Armory Computer Lab will be used to help participants review their current plan and shop for the Part D plan that best meets their personal needs and financial situation.**

**Appointments are available on:**

**Thursday, October 23**

**Friday, October 24**

**Thursday, November 6**

**Friday, November 7**

**Thursday, November 13**

**To make an appointment please call Jackie Overby at 729-5697.**

### SPECIAL POINTS OF INTEREST:

- \*Medicare Part D sign up*
- \*ACH PAYMENTS AVAILABLE!*
- \*Gun & Knife Show*
- \*Fitness Center special!*
- \*4 Fall Fitness tips*
- \*October Birthdays*
- \*Daylight Saving Time*



**The only bad workout is the one that didn't happen!!**

Time and health are two precious assets that we don't recognize and appreciate until they have been depleted. -

Denis Waitley

Source: turbofitnesssecrets.com



IMPORTANT MESSAGES

Our "Back To School" Special is still running! Buy 3 months, get one free!

Offer good until November 1, 2014.

Regular Member: \$84.00

Senior Member: \$69.00

DON'T MISS OUT!!

Gun & Knife Show Sponsored and promoted by the Bank of Salem

October 24 & 25, 2014

Friday (10am-8pm) & Saturday (9am-5pm)

TCRC Building

\$5.00 Admission

Children 12 & under free.

Must be accompanied by parent.

Proceeds go to the Healthy Dent County Program.

Make your life easier!!

Sign up for ACH Payment today!!

Worry-free Payments Made

Automatically!!

Free T-Shirt with completed application!

LADIES NIGHT OUT NEWS

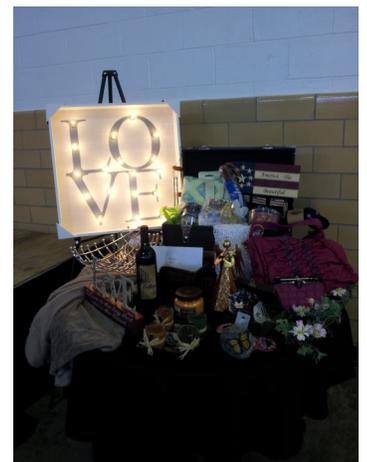


Congratulations to Michelle Cook, winner of our 1 Year Membership drawing at Ladies Night Out.

Ladies Night Out a Success!

Just over 500 were counted in attendance. Roughly 600 canned goods were collected and donated to the Sacred Heart Catholic Church.

Linda Watson was the winner of the Ladies Night Out Gift Basket. Congratulations Linda!



## FIT TIP OF THE MONTH: 4 FALL FITNESS TIPS

This is a great time of year to enjoy exercise outside. The sun, mild weather, and cooler evenings are perfect for a walk, run, or bike ride. Soon, we will start to lose sunlight and warm days, which means many people will find it hard to squeeze in a workout.

Follow these simple steps to avoid the time change blues:

### 1 - Plan Ahead

Decide on your indoor or outdoor exercise in advance. Decide which time of day is best for you and plan accordingly. If morning is when you want to exercise, have your clothes ready to go first thing. For evening workouts, bring a change of clothes with you.

### 2 - Willingness to Change

Be willing to change your routine depending on the seasons. Changing your routine can help the body burn more calories and avoid boredom.

### 3 - Join the Gym

Grab a workout partner and join the gym. Participate in aerobic or yoga classes and meet some like-minded people. It will boost your spirits as well as your energy level.

### 4 - Fuel Your Body

Lots of fruits, vegetables, and water will help your body stay energized longer.

You don't have to let your fitness go through the winter. Start planning today and maintain your fit body!

(Source: In part from Active.com)

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**Pin Code Access**

**Coming Soon!**

**Please watch for  
further info.**



**Sunday, November 2  
is Daylight Saving  
Time!**

**Set your clocks  
BACK one hour.**



**There is a child in  
every one of us  
who is still a trick  
-or-treater look-  
ing for a brightly-  
lit front porch.**

**~Robert Brault,  
rbrault.blogspot.com**





## SALEM FITNESS CENTER

P.O. Box 190  
Salem MO 65560

Phone 573-739-1127



"Like" Salem Fitness  
Center on Facebook.

WWW.SALEMFITNESSCENTER.ORG

PROMOTING HEALTHY  
LIFESTYLES

## October Birthdays

Laura Wemhoener	10/4	Lawrence Rictor	10/14
Philip Giacomelli	10/4	Nanci Wisdom	10/16
Eva Lewis	10/5	Tom Hanson	10/18
Annette Hill	10/8	Jaime Camp	10/21
Michelle Berry	10/8	Brenda Cottrill	10/23
Angie Curley	10/9	Lisa Arzt	10/23
Jennifer Stacy	10/10	Garon May	10/23
Ed Gill	10/11	Rose Dry	10/24
Carl Nelson	10/11	Jennifer Tilley	10/26
Jamin Bray	10/11	Austin Stokes	10/26
Debra Piatt	10/11	Tangee Sercl	10/27
Amber Pryor	10/11	Dennis Wisdom	10/29
Catherine Williams	10/12	Susanna Kaffer	10/29
Anna Tucker	10/12		
Sammy White	10/12		
Lula Wisdom	10/13		
Peggy Whitaker	10/14		

# 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: \$30/7 punches**  
(good for classes only)

### 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

#### Tuesday:

Slow Motion—10:30 a.m.

Power Circuit—5:15 p.m.

Zumba—6:30

#### Wednesday:

Morning Burn—6:00 a.m.

Sweet & Low—8:30 a.m.

Abs & More—12:15

Yoga—5:15 p.m.

#### Thursday:

**Power Circuit**—12:15

Cardio Combat—5:15 p.m.

Zumba—6:30 p.m.

#### Friday:

Sweet & Low—8:30 a.m.

Slow Motion—10:30 a.m.