



SALEM FITNESS CENTER



JANUARY 2015

INTRO TO FITNESS

CIRCUIT STYLE

I always hear the excuse "I have to get in better shape before I start a class". This New Year we are bringing you a 6 week circuit style class. It will offer a little sample of many of our classes we already offer. Class will be composed of 20 stations, each person will be at a different station for no more than 1 minute. Components worked on during this class will include: Cardio, strength, agility & abs. There is a class limit of 20. Early registration is important.


Classes will be held on Wednesday & Friday evenings at 6:30 p.m., beginning January 14, You may sign up for 1 class each week or both. Cost for 1 is \$30. Cost for both is \$45.

Begins: January 14, 2015

For more information or to register call: (573) 739-1127


Contact Person: Susie Cahill, Certified Personal Trainer, Group Exercise Instructor & Bootcamp Instructor

EXERCISE CLASS



Salem Fitness Center
Promoting Healthy Lifestyles

Located inside Salem Community Center @ the Armory




SPECIAL POINTS OF INTEREST:

- ⇒ Intro to Fitness Class
- ⇒ 8 New Year's Resolutions you can keep!
- ⇒ Turn in keys
- ⇒ Nutrition 101 Class
- ⇒ ACH available!

Celery is 95% water...and 100% NOT PIZZA!

Celery is a negative calorie food.

You burn more calories than you gain just by eating it!



“It is a shame for a man to grow old without seeing the beauty and strength of which his body is capable.”

-Socrates

**Forms available at the Fitness Center.
Join the fun!!**

IMPORTANT MESSAGES

Please take a moment to fill out the Pool Survey and drop off in the Cardio room Box. We need your input!!! Due date is Jan 16th.

PLEASE NOTE:
 If you have access keys to the building, they will no longer work.
 Please bring them by our office, or drop in the black box in the Cardio Room. Be sure to include your name.
 Thank you!!



NUTRITION 101 WORKSHOP
 MONDAY, January 12
 5:30pm at the Salem Community Center @ the Armory. Dinner will be provided.
 There will be featured speakers. Instruction will include:
 ~Shopping & Label Reading
 ~Cooking & Eating Out
 ~Eat This-Not That
 ~Sugar Consumption
 ~Balancing Calories In with Calories Out.
 Cost is \$10.00 per person. Call Kim Shelton at 729-8163 or email kim.shelton@salemcommunitycenter.org.

**Make your life easier!!
 Sign up for ACH Payment today!!
 Worry-free Payments Made Automatically!!
 Free T-Shirt with completed application!**



Susie Cahill and Yoga Class at R-3 School

FIT TIP OF THE MONTH: 8 NEW YEAR'S RESOLUTIONS YOU CAN KEEP

It's that time of year again! Here are 8 Healthy Tips that may get you started and keep you on track:

1-Control your portions-Want to downsize your figure? Start by downsizing your dishes. Studies show that using smaller plates & bowls promote weight loss because they help curb overeating.

2-Be active-Try to inject each day with more activity. Adults should aim for at least 30 minutes per day.

3-Slash sodium consumption-Studies show that many Americans consume close to twice the recommended daily allowance of 1 teaspoon. It is bloating and can raise your blood pressure. Processed foods contain the most, so be sure to read labels.

4-Increase antioxidants-Pomegranates, coffee and even chocolate (in moderation) contain antioxidants that help your body fend off infection and certain illnesses and diseases, such as cancer.

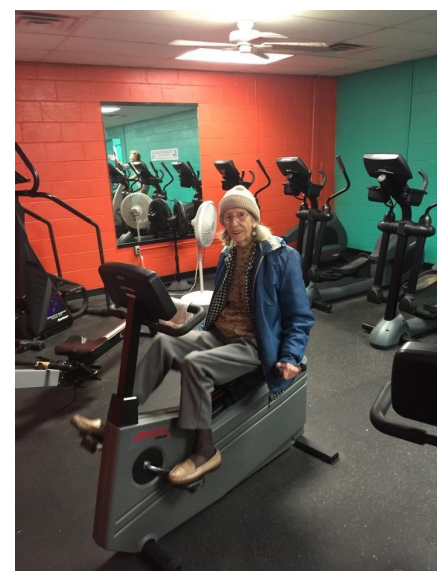
5-Quit smoking-This may be the hardest resolution to keep for some. Consider the benefits and resources available, like smokefree.gov to help you make 2015 the year you quit!!

6-Floss your teeth-Bacteria in your mouth can lead to serious problems if you neglect oral health. This can also prevent gum disease and tooth loss.

7-Wear sunscreen all year long-Sun damage starts at an early age. It can also make wrinkles appear before their time. Wear a broad spectrum sunscreen on exposed skin no matter the season.

8-Do strength training-In simply 10 minutes per day, you can gain more energy, stronger bones, and a faster metabolism.

Here are photos of some of our amazing, fit members!!





SALEM FITNESS CENTER

P.O. Box 190
Salem MO 65560
Phone: 573-739-1127

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

January Birthdays

Sandy Nichols	1/1	Sheila Hampton	1/20
Shonda Wallis	1/1	Susie Cahill	1/20
Doilline Camden	1/3	Deborah Moreland	1/21
Bill Koontz	1/4	Cheryl Tiefenthaler	1/24
Etta Phillips	1/4	Christine Tullock	1/27
Roseann Bray	1/5	Keith Hellyer	1/27
Jamie Homeyer	1/6	Bob Sieli	1/30
Kyle Williams	1/7	Cathy Brown	1/30
Stephanie Wood	1/11		
Helen Tighe	1/13		
Shelby Martin	1/14		
Austin Shelton	1/16		
Charlotte Crandell	1/17		
Glinn Lovins	1/18		
David Wells	1/18		
Carolyn Gresham	1/19		
Mitzi Johnson	1/19		

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)

Wi-Fi 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

Tuesday:

Slow Motion—10:30 a.m.

Power Circuit—5:15 p.m.

Zumba—6:30

Wednesday:

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.