

NEWSLETTER



# SALEM FITNESS CENTER

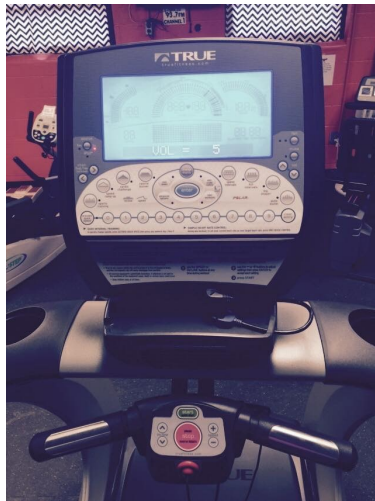


April 2015

## AWESOME NEW TREADMILLS !!



The Treadmill Convoy!!



Large display screen. Very easy to use.



Being put to good use by our members.

### SPECIAL POINTS OF INTEREST:

- New Treadmills!
- AARP Tax Assistance
- Lo-Carb Snacks
- ACH T-shirts are Here!
- Volunteers Needed
- Affordable Care Act Info Here!



Money is the most envied, but the least enjoyed. Health is the most enjoyed, but the least envied. - Charles Caleb Colton

**IMPORTANT MESSAGES**

*To Our Members*  
*Please PRINT your name AND time when signing in so we can record your visit.*  
*Thank You!!!*

**ATTENTION ACH MEMBERS:**  
**Your T-shirts are here!!**  
**Please stop by the office to pick yours up!!**



**VOLUNTEERS NEEDED!!**  
We have several slots available for volunteers. Your membership is FREE. All we need is 2 hours of your time each week.  
There are a few simple duties to perform, and then you can work out while you're here!  
Please call 739-1127 if interested.

**We have Pickleball!**  
**The Fitness Center has purchased the net & stand, paddles and balls.**  
**All you need to bring is your energy and some players!**  
**The net can be set up in the gym if there are no events taking place. You must set up, take down & put away.**  
**Call ahead to be sure.**



**AARP Tax Filing Assistance Available Every Friday**  
**At the Salem Community Center @ the Armory**  
**Feb 6-April 10, 2015**  
**BY APPOINTMENT ONLY!**

**Call 729-8163 to make appointment or for more info on what to bring.**

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**Affordable Care Act Options**

**Get the info here!**

**Friday, April 10 12:00-1:00 pm**

**at the Salem Community Center @the Armory**

**Call Dent County Extension at 573-729-3196 or**

**email hultines@missouri.edu by Wednesday, April 8.**

## FIT TIP OF THE MONTH: MORE LO CARB SNACKS

Try one of these lo-carb snacks that are easy to put together.

**Yogurt and Cucumbers**-Take your yogurt in a savory direction. Use a cup of low-fat, plain Greek yogurt as a creamy dip for 1 cup of refreshing cucumber spears. It adds up to 12 grams of carbs and a mega dose (20 grams) of appetite-satisfying protein.

**Turkey Roll-Ups**-Deli turkey has uses beyond a sandwich filling. Lose the bread and roll up 1 ounce of sliced turkey in lettuce leaves with mustard. This light, crisp snack has about 3 grams of carbs and will get you through the afternoon.

**Cottage Cheese With Berries**-Cheesecake doesn't make for a healthy snack option, but you can mimic a little of the flavor in a healthier way. Pair a cup of low-fat cottage cheese with half a cup of fresh or frozen blueberries and a little of your favorite no-calorie sweetener. The result? A dessert-like snack with 18 grams of carbs.

(from: [www.mannaplus.co.za](http://www.mannaplus.co.za))

## Come join us for class !!





## 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.

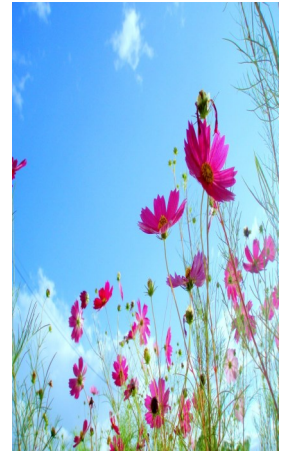
WWW.SALEMFITNESSCENTER.ORG

PROMOTING HEALTHY LIFESTYLES

## Birthdays

Claudia Sullivan	4/1	Elaine Stricklin	4/14
Mark Sisco	4/2	Catherine Wynn	4/14
John Boyle	4/3	Lauren Conaway	4/14
Karla Tiefenthaler	4/3	Tina Westerman	4/16
Elyse Gebes	4/3	Sean Dahms	4/16
Ronnie Parker	4/4	Heather Slane	4/18
Ted Ziske	4/5	Kala Trolinger	4/19
Makaila Knight	4/6	Jake Conway	4/22
Ken Thomas	4/7	Phyllis McKinley	4/24
Lea White	4/8	Ainsley Wlaschin	4/24
Danelle Roos	4/8	Noah Heisler	4/25
Travis Kissir	4/10	Shannon Sites	4/28
Ryan Marlin	4/10	Aaron Loker	4/28
Kyle Lea	4/11	Cheryl Graham	4/29
Sally Roberts	4/12	Rae Pelletier	4/29
Steve McAnally	4/13	Jessica Parks	4/30
Helen Baird	4/14		
Lucy Shanor	4/14		

# 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)**

**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 p.m.

#### **Wednesday:**

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.