

NEWSLETTER

HEALTHY DENT COUNTY
FITNESS CENTER



July 2015

Happy 4th of July!!

**Please be careful over the holiday.
Make sure you and your children are
a safe distance away from any
fireworks displays.**

**Remember your pets, as many are
fearful of the noises.**

HAVE FUN & BE SAFE!!

**SPECIAL POINTS OF
INTEREST:**

**Water Aerobics extended*

**4th of July Parade*

**The Benefits of Yoga*

**Smoothie Recipe*

**Water Aerobics has been extended through the
month of July!!**

Cost: \$5.00 per session

**Where: Alice Lou Craig Municipal Swimming
Pool**

Time: Noon to 1 on Tuesdays & Thursdays

Call 739-1127 for registration.



May the sun in its
course visit no
land more free,
more happy, more
lovely, than this
our own
country!
~Daniel Webster

“To insure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life.”
 ~ William Londen

IMPORTANT MESSAGES

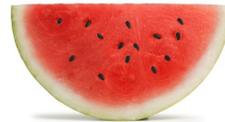
July 4th Parade
“Pride in Our Country, Proud of Our Flag”
Saturday, July 4
6:00PM

Pickleball here on Tuesdays at 8:30 AM!!



Make SURE you hydrate this summer while working or playing.

Watermelon is also a great hydrator. Keep it on hand for a snack.



Please remember to **PRINT** your name on the sign in sheets. We want to record your visits accurately.

Thank you!

SMOOTHIE RECIPES-WATCH FOR MORE !!



Blackberry Mint Spritzer

Ahh, nothing like a refreshing treat to energize you! This Blast is easily transformed into a tasty, bubbly afternoon snack or dessert that you can drink without the guilt. Make it with low-glycemic, high-antioxidant berries and stir in with you favorite all natural ginger ale or sparkling water for something totally different than your run-of-the-mill smoothie.

- 1 Cup Blackberries
- 1 Cup Blueberries
- 3 Leaves Mint
- 2 Splash Stevia
- 1 ½ Cups Coconut Water



FIT TIP OF THE MONTH: THE BENEFITS OF YOGA

Yoga is a great way to work on your flexibility and strength. Just about everyone can do it, too -- it's not just for people who can touch their toes or want to meditate. Some types of yoga are about relaxation. In others, you move more. Most types focus on learning poses, called asanas. They also usually include attention to breathing.

Yoga poses work by stretching your muscles. They can help you move better and feel less stiff or tired. At any level of yoga, you'll probably start to notice benefits soon. In one study, people improved their flexibility by up to 35% after only 8 weeks of yoga.

Many of the poses, such as downward dog, upward dog, and the plank pose, build upper-body strength. The standing poses, especially if you hold them for several long breaths, build strength in your hamstrings, quadriceps, and abs. Poses that strengthen the lower back include upward dog and the chair pose. When done right, nearly all poses build core strength in the deep abdominal muscles. When you're stronger and more flexible, your posture improves. Most standing and sitting poses develop core strength, since you need your core muscles to support and maintain each pose. With a stronger core, you're more likely to sit and stand "tall."

Yoga also helps your body awareness. That helps you notice more quickly if you're slouching or slumping, so you can adjust your posture. Yoga usually involves paying attention to your breath, which can help you relax. It may also call for specific breathing techniques. Yoga typically isn't aerobic, like running or cycling, unless it's an intense type of yoga or you're doing it in a heated room.

You may feel less stressed and more relaxed after doing some yoga. Some yoga styles use meditation techniques that help calm the mind. Focusing on your breathing during yoga can do that, too. Yoga has long been known to lower blood pressure and slow the heart rate. A slower heart rate can benefit people with high blood pressure or heart disease, and people who've had a stroke. Yoga has also been linked to lower cholesterol and triglyceride levels, and better immune system function.

Add Yoga to your regular workout routine. Class is here on Wednesdays at 5:15pm.

(WebMD)





HEALTHY DENT COUNTY FITNESS CENTER
 SALEM COMMUNITY CENTER @
 THE ARMORY
 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" Healthy Dent County Fitness Center on Facebook.

WWW.SALEMFITNESSCENTER.ORG

WHERE HEALTH, EDUCATION & COMMUNITY MEET

July Birthdays

Libby Sanders 7/2	Val Meyer 7/15	Jerry Craig 7/22
John Wisdom 7/2	Daniel Johnson 7/15	Jason Sentman 7/22
David Leslie 7/2	Autumn Wofford 7/15	James Evans 7/23
Jennifer Roderman 7/2	George Miller III 7/15	Debbie Baker 7/24
Helaina Arft 7/4	Arvy Rogers 7/15	Jimmy Hayes 7/24
Anita Richmond 7/6	Paul Dale 7/16	Crystal Pilkington 7/24
Dustin Schafer 7/6	Cole Heisler 7/17	Andrea Starkey 7/25
Melanie Ziske 7/9	Lorraine Ziegler 7/18	Lydia Lough 7/25
Desirae Hickernell 7/9	Glenda Botkin 7/18	Sherry Cook 7/28
Joann Enke 7/10	Amy Hayes 7/18	Amy Conner 7/28
Gary Johnson 7/10	Kutter Tiefenthaler 7/18	William Galloway 7/30
Sandy Bowers 7/11	Pat Gilbert 7/19	Alene Stacy 7/30
Tom McCracken 7/11	Waynetta Parker 7/19	
Skip Dahms 7/11	Sharon Moczygemba 7/20	
Brendon Nivens 7/11		
Jarred Brown 7/12	Beverly Smith 7/20	
Megan Roos 7/14	Isaac Westerman 7/21	
Wendell Parker 7/14		

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 pm

Tuesday:

Slow Motion—10:30 a.m.

Cardio—12:15 P.M.

Power Circuit—5:15 p.m.

Zumba—6:30

Wednesday:

Sweet & Low—8:30 a.m.

Abs & More—12:15 pm

Yoga—5:15 p.m.

Thursday:

Power Circuit—12:15 pm

Cardio Combat—5:15 p.m.

Zumba—6:30 p.m.

Friday:

Sweet & Low—8:30 a.m.

Slow Motion—10:30 a.m.