

# Salem Community Center @ the Armory Newsletter

August 2015

Salem Community Center  
**@the  
Armory**

## Special points of interest:

- Our New Look!
- Rural Addressing
- Fitness Center News
- Fingerprinting
- Overcoming the Plateau
- Roller Derby is Here!
- Zumba Fun!!

## We Have a New Look!

We hope you enjoy the new format for the newsletter. There are many things going on here at the Salem Community Center @ the Armory and we wanted our newsletter to reflect all aspects of what is offered.

We want to make sure that you are aware of all the opportunities provided at the Community Center in hopes that you can take advantage of these services.

We are here to assist you if we possibly can.

## Rural Addressing Information

Residents that need to establish a new address can do so at the Salem Community Center @ the Armory. The Dent County Commission has contracted with the Salem Community Center to administer the county's entire Rural Addressing system.

The purpose of a rural addressing system is to assign permanent physical addresses to residences and businesses to facilitate location. These addresses are used by the US Postal Service, other delivery agencies, utilities, private citizens and by emergency responders.



# Overcoming the Plateau

Susie Cahill, Fitness Center Director

Have you even felt like you were in a “workout slump” or riding a plateau? Everyone will find themselves there at some point. If your idea of a solid workout is sweating on the elliptical for an hour each time (and nothing else) you’re definitely plateauing, and not getting enough out of your time. If your goals are to get lean, sculpt your body, or improve your cardiovascular fitness, the most effective way to accomplish this is actually not through traditional cardio at all. Instead, turn to strength training. High Intensity Interval Training (HIIT) cardio is a proven way to blast fat and build muscle and strength faster than traditional steady state cardio.

Example of a High Intensity Interval Training Cardio Session:

Directions on a stationary bike, but any cardio machine works:

1. Start out with a 5 minute warmup
2. After 5 minutes, pedal as fast as you can for 20 seconds
3. Lower to an easy pace for 2 minutes
4. Repeat Steps 2 & 3 until you reach 20 minutes
5. Finish with a 5 minute cool down

Pumping actual iron during a workout is an intense and efficient way to get your heart pumping, your muscles working and your calories burning—even after you’re done. Don’t let yourself spend hours on the treadmill each day getting nowhere. Focus on weight lifting and on high intensity interval training cardio instead.

Next month, we will focus on the “do’s and don’ts” of weight lifting.



# FITNESS CENTER NEWS



## **We have volunteer positions available!**

For just donating 2 hours a week, you can receive free membership to the fitness center.

There are various duties to perform with plenty of time left for you to work out.

You are required to have CPR certification that we arrange and pay for.

Please ask us about available time slots.

**Our program would not be successful without our wonderful volunteers!**

Ed Gill (photo at right) one of our senior members, is now residing at:

**Silverstone Place  
2735 Eagleson Drive  
Rolla MO 65401**

He would love to hear from you! He loves to get mail. He is using his walker and participates in therapy/rehab. You are also welcome to stop by.



**Some of our members are sensitive to the scent of cologne or laundry soap and softeners. Please be aware & take care not to wear clothing with overwhelming scents while in the Fitness Center. Thank you!**

### **Ways to be fit, healthy & happy in Dent County:**

1. Enjoy the 1 1/2 mile Tiger Trail which is open all daylight hours. Accessible, easy to walk, and beautiful! Find a friend to be your walking companion. Enjoy your friendship while you walk through town, on the Tiger Trail, or wherever you choose.
2. Take your kids or grandkids to the City Park regularly. Swing & run with them. Fly a kite! Have a wonderful play time together. Do you realize what good habits you are teaching them when you actively play together?
3. Go to the Salem Farmers Market located behind the Visitors Center on Hwy 19. It is open May-October, Tuesday afternoons & Saturday mornings, the Salem Farmers Market offers fresh-from-the-garden delicious vegetables & other locally grown produced food products. Find your favorites & try some new ones.

**Watch for more tips in upcoming issues.**



## August Birthdays

Jackie Skorat	8/1	Justin Brown	8/15	Abigail Hutto	8/31
Cody Bell	8/2	Patsy Townsend	8/17		
Crystal McCracken	8/4	Gina Hellyer	8/18		
Dylan Harris	8/4	Chad Cook	8/18		
Joy Wyzkowski	8/5	Rose Johnson	8/21		
Ronald Inman	8/7	Shannon Frizzell	8/21		
Velma Wisdom	8/7	Cody Harris	8/21		
Carilee Ball	8/7	William Green	8/22		
Alex Wood	8/7	Jasmine Ehrhardt	8/23		
Cindy Ard	8/8	Vernetta Nelson	8/24		
Randi Leslie	8/8	Kim Shelton	8/25		
Brad Lewis	8/8	Andrea Binkowski	8/26		
William Bottorff	8/8	Jennifer Wallis	8/27		
Pat Huggins	8/10	Karla Ahl	8/28		
Andrea Fox	8/10	Rodney Farthing	8/30		
Dave Ingram	8/11	Ryan Whitaker	8/30		
Jackie Sisco	8/13	Chris Ashby	8/30		
Karen Major	8/13	Vontella Kissir	8/31		

**Happy  
Birthday!!**



### 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.

## 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 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**



**HEALTHY  
DENT COUNTY**

BE ACTIVE • EAT SMART • LIVE WELL

Healthy Dent County  
located in the  
Salem Community Center @ the Armory  
1200 W. Rolla Road  
Salem, MO 65560

729-8163      739-1127

[info@salemcommunitycenter.org](mailto:info@salemcommunitycenter.org)  
[reception@salemfitnesscenter.org](mailto:reception@salemfitnesscenter.org)  
[www.healthydentcounty.org](http://www.healthydentcounty.org)  
[www.salemcommunitycenter.org](http://www.salemcommunitycenter.org)



**Salem Community Center**  
**@the Armory**  
*Where Health, Education and Community Meet*



Public access computers, fingerprinting, rural addressing, community and school health efforts, full cardio room, full weight room, group exercise classes, Pickleball, Ping-Pong, community activities, cooking classes, just some of the things you'll find going on at Salem Community Center @ the Armory.



**Roller Derby is here!!**

**The Dent County Riveters are an all-female Roller Derby team that practices here at the**

**Salem Community Center @ the Armory every Thursday from 6-8pm and on Sundays 2-4pm.**

**Come on in and watch!!**

**Derby girls must be 18 and older.**

**Referees (male or female) are needed-no experience necessary.**

**SPECIAL EVENT on August 16 (2-4pm) and August 20 (6-8pm). Giveaways and special guests!!**





# ZUMBA-FUN

**AUG. 22, 2015**

**PROCEEDS BENEFIT  
RELAY FOR LIFE**



Sponsored by: **TEAM Sisco & Progressive Goal Getters**

**8:00-10:00 am**

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**ADMISSION:  
Minimum \$10.00  
Donation**

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**Salem Fitness  
Center**

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**Jackie Sisco,  
Certified ZUMBA  
Instructor**

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**COME PARTY FOR  
A PURPOSE!**

**QUESTIONS?**

Call: Jackie Sisco  
( 573)247-7370

# Couples Who Work Out Together Stay Together

By: Kim Shelton – Community Wellness Coordinator

The more I learn the more I realize that the benefits of exercise are seemingly never ending. Not only is it great for you, but it can do wonders for your relationship, especially if you are working out together! Here's why!

Studies show that after completing a strenuous activity or exercise couples report feeling more in love and more satisfied in their relationship. Completing a hard workout together strengthens the bond between each other. Exercise also mimics the effects of physical attraction; sweaty palms, racing heart, and shortness of breath. So ladies, don't worry about not looking good while working out. Chances are you are even more attractive in your partner's eyes!

Studies also strongly support that when you work out with a partner you are more efficient. Whether it be with your partner or in a group exercise class, you typically perform better when exercising with others. It makes you more accountable. You will generally do your best to keep up and push yourself to your limit. Naturally this leads to another great effect of working out together; you will reach your goals quicker! This only makes sense. Hard work should equal results. Therefore working harder should equal quicker results.

As you can see it's a win-win situation. When you work out together you both get fit, find each other more attractive, and grow closer together. Now if you happen to be parents then the benefits just continue to grow. You will probably not be surprised to hear that children who have parents who are active are more likely to be active themselves. With the growing epidemic of childhood obesity we as parents need to be doing everything in our power to prevent our children from becoming another statistic.

So what are you waiting for? Opportunities to be active with the one you love are around every corner! Go for a walk on the Tiger Trail, 1.5 miles of twists, turns, hills, and beautiful views the whole way through. Take a trip to the river and kayak or canoe. We are fortunate enough to have the river in our back yard. Take advantage of it! If you or your spouse suffer from pain or discomfort when walking then try out the newly resurfaced track. It may offer some relief and provide you with the outlet you need to stay active. Join the Salem Fitness Center! Not only is there a fully equipped cardio and weight room, but there is also classes for all ages, fitness levels, and interests offered all throughout the week. There are plenty of other activities going on at the Community Center as well like Pickle ball on Tuesdays at 8:30am, ping-pong, and basketball. Find what sparks your interests and get out there! Only good things will come of it.



**Pickleball is here!!!**

**Tuesdays at 8:30am**

**Salem Fitness Center**

**has all the equipment.**

**Come and see what it's**

**all about.**

**Come ready**

**to play!**



**Salem Community Center @ the Armory**

PO Box 190  
1200 Rolla Road  
Salem MO 65560

Phone: 573-729-8163  
Fax: 573-729-f8393

Fitness Center: 573-739-1127

Email:

[info@salemcommunitycenter.org](mailto:info@salemcommunitycenter.org)

Info @ [salemfitnesscenter.org](mailto:salemfitnesscenter.org)

**WHERE HEALTH,  
EDUCATION &  
COMMUNITY MEET**

**We're on the web at:**

**[salemcommunitycenter.org](http://salemcommunitycenter.org)**

# The Salem Community Center @ the Armory provides the following :

Fitness Center

Conference Rooms

Public Computers

Computer Lab

Rural Addressing

Fingerprinting

Continuing Education Classes

Copies & Faxes

Multipurpose/Gymnasium

## We are here for you!

## Fingerprinting



The Salem Community Center is pleased to announce that they have partnered with 3M Cogent to become the only state fingerprinting site in Dent County. It is vitally important for fingerprint-based applicant criminal history checks to be processed quickly, accurately and with as little hassle as possible. Employers, licensing agencies, applicants and public safety depend on it.

Fingerprinting is needed in pre-employment screening for agencies such as the Missouri Department of Education, Missouri Real Estate Commission, Missouri Board of Pharmacy, Missouri Board of Nursing, Missouri POST Certification, Missouri Department of Social Services, Foster Care, Adoption, etc.

No messy ink. No visit to the law enforcement booking room. Just a quick, easy and secure procedure where digital prints are taken by a certified fingerprint technician using state-of-the-art LiveScan equipment. Submissions are made electronically so that results are received within hours, instead of weeks or even months. The sooner the background check process is completed, the sooner you can become licensed or employed.

Salem Community Center @ the Armory Executive Director, Sherry Lea, explains that the Community Center staff has become trained and certified as fingerprinting technicians and are excited to become a state certified site. "Before we became a local site the citizens of Dent County had to travel to Rolla or further for this service. We are pleased to offer this service to our community."

Hours for fingerprinting are Monday thru Friday, 9 AM to 4 PM. For additional information, please call 729-8163.



Council For A

**HEALTHY  
DENT COUNTY**

*Where Health, Education and Community Meet*