

Salem Community Center @ the Armory Newsletter

Salem Community Center
@the Armory

May 2016

Salem Memorial District Hospital
2016
General Health Screenings

May 11 and 12 6:00—9:00 am each day

Location:

Salem Community Center @ the Armory

WHERE HEALTH,
EDUCATION &
COMMUNITY MEET



Council For A
**HEALTHY
DENT COUNTY**

Where Health, Education and Community Meet



*May is National Military Appreciation
Month...*

*Thank you to the men and women who serve
and protect*



Find Healthy Dent County
Fitness Center on Facebook

...and like us



To stay connected and up to date

We want to
see pictures of
your visits
with us!

**Photos can be selfies, group,
event or building images. Crea-
tivity is welcomed!*



Monthly draw-
ings for prizes
will be held for
participating
members.

#healthydentcounty on Facebook and/or Instagram during
any HDC Event you attend or any visit to the armory to
qualify.

Pictures must be clean, family friendly & "G-Rated"



REVIVE YOUR BIKE CLINIC



Thursday, May 19th starting at 5:30pm

Located at Tiger Trail by Salem R-80 Upper Elementary

FREE for everyone!

Bring us your tired, dusty, flat-tired bicycle and learn how to give it a tune up before Summer!

**Questions? Call 729-3196
or email latimerb@missouri.edu**

Event sponsored by Healthy Dent County



Non-responders vs. Responders

Susie Cahill, Fitness Director

Responders are the clients who succeed immediately and continue month after month, losing weight, gaining strength, slicing off inches, normalizing hypertension, improving cholesterol levels, sleeping better and feeling better overall.

Non-responders hire trainers, have good intentions, train regularly and try as hard as they can to improve their health habits. However, they don't lose much weight or fat, nor do they improve their muscle strength. They may feel better or sleep better, but they never seem to get the results they are looking for.

Science has discovered there may be a good reason for this lack of progress. It's possible these clients have a genetic makeup that resists traditional exercise programs. Fortunately, science has also discovered how to turn a non-responder into a responder.

One way to help non-responders is to increase the duration and/or intensity of the cardio training. The Ross, de Lannoy & Stotz (2015) Study investigated whether exercise of different intensities and durations improved cardiovascular fitness. The study had 121 middle-aged (53.2 years) subjects (75 women and 46 men), all of whom were abdominally obese. Everybody completed at least 90% of the five weekly workouts over 24 weeks. Subjects were randomly assigned to one of the three training protocols:

- *Low amount, low intensity training—30 minutes at 50% of peak VO₂, designed to burn 180-300 calories per session*
- *High amount, low intensity training—60 minutes at 50% of peak VO₂, designed to burn 360-600 calories per session*
- *High amount, high intensity—40 minutes at 75% of peak VO₂ designed to burn 360-600 calories per session*

After 24 weeks, the researches tallied the non-responders in each group. In the low amount, low intensity group, more than 1/3 (15 of 39) were non-responders. In the high-amount, low intensity group, the non-response rate declined to about 1/6 (9 of 51). Notably, the high amount, high intensity group had zero non-responders.



Source: IDEA Fitness Journal, April 2016 Issue

Lunch & Learn Series *Brunch*

Join us for the monthly series of healthy lunch alternatives.
Ben Latimer will demonstrate, cook, and serve lunch.

WHEN

Wednesday, May 11th

TIME

12:00pm until 1:00pm

WHERE

Salem Community Center
@ the Armory

What's on the menu?

Whole Grain Pancakes
Turkey Bacon
Smoothies
& Orange Juice

COST

\$10 if you are new
OR
\$7 if you had taken
a pervious class

WHO

Ben Latimer
University of Missouri Extension



Limited Spaces (max 8), be quick!
Register by May 6th

Come by the Salem Community Center @ 1200 West Rolla Road or call 729-8163

Sign up for multiple classes for a discounted price!
Call the Salem Community Center for additional dates at 729-8163

Salem Community Center @ the Armory



1200 West Rolla Road
Salem, Missouri 65560
573-729-8163

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Where Health, Education and Community Meet



City of Salem & Healthy Dent County Presents

KICK OFF *to Summer*

AT THE CITY PARK

SATURDAY, MAY 14TH 1PM – 7PM



BOUNCY HOUSES

Sack races Hula-hoop Contest

TUG OF WAR

Water balloon batting practice

DUNK TANK

CONCESSIONS:

PULLED PORK – CHIPS – DRINKS

Movie Night @ the Armory starting at 8:00pm
Featuring The Sandlot – FREE Admission



HEALTHY DENT COUNTY PRESENTS
MOVIE NIGHT

@ THE SALEM COMMUNITY CENTER

@ THE ARMORY

1200 WEST ROLLA ROAD

SATURDAY, MAY 14TH

MOVIE STARTS AT 8:00PM



ADMISSION: FREE!

DONATIONS ACCEPTED

CONCESSIONS WILL BE AVAILABLE FOR PURCHASE

THE SANDLOT

WEAR YOUR COMFY CLOTHES
AND BRING YOUR OWN SEATING
FOR THE MOVIE

(NO SEATING AVAILABLE)

THIS MOVIE IS SPONSORED BY EVERYTHING CINEMA



QUESTIONS? CALL 729-8163



FITNESS CENTER



May Birthdays

Nicole Wilson	5/1
Kimberly Stewart	5/2
Tina Whitaker	5/3
Angela Dingess	5/5
Amanda Walker	5/6
Katie Kartchner	5/7
Evie Presley	5/9
Erma Nash	5/10
Laura Phillippe	5/11
Hunter Harris	5/11
Dusty Arzt	5/12
Willie Smith	5/13
Matthew Hutsell	5/15
Rose Kinerk	5/16
Allie Green	5/16
Nancy Cole	5/17
Jerry Fowler	5/18
Zach Elliott	5/19

Stephanie Buie	5/20
Sheila Martin	5/21
Allyssa Elmore	5/21
Marcia Craft	5/22
Wendy Nash	5/22
Joan Gray	5/23
Brandt Ehrhardt	5/23
Sarah Massengale	5/24
Chuck Van Diem	5/24
Leslie McBee	5/26
Darik Durham	5/26
David Avery	5/27
Marie Reed	5/30
Kelli Sisco	5/31



Visit our Fitness Library!
 Workouts available to use in the classroom:
 -High Energy Series –Abs, Thighs & Glutes
 -Jane Fonda's Workout Challenge

- Crunch Fitness Dance Party DVD
- P90X DVD's
- Exhale Core Fusion-Pilates Plus, Body Sculpt & Thighs/Glutes
- Core Secrets
- Piyo
- Jari Love-Extremely Ripped
- Biggest Loser Cardio Max

Now we have
TWO Pickleball courts.
 Gym reserved on
Tuesday mornings at 8:30 for Pickleball.

Join the fun, watch the fun.



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.
Tai Chi—2:00 p.m.
Power Circuit—5:15 p.m.
Zumba—6:30 p.m.

- Tuesday:**
Slow Motion—10:30 a.m.
Cardio—12:15 p.m.
Kids in Motion—5:30 p.m.
Kickboxing—5:30 p.m.
Pilates—6:45 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 Blast—5:15 p.m.
Zumba—6:30 p.m.

- Friday:**
Sweet & Low—8:30 a.m.
Slow Motion—10:30 a.m.
Tai Chi—2:00 p.m.
Pilates—12:15 p.m.

~Color Me Rad Color Run on
 May 6, registration starts at
 5:00 p.m. @ Salem City Park
 concession stand

~May 26 is the last Kids in Motion
 Class for the summer.

~Tai Chi starts this
 month on
 Mondays and
 Fridays at 2:00 p.m.



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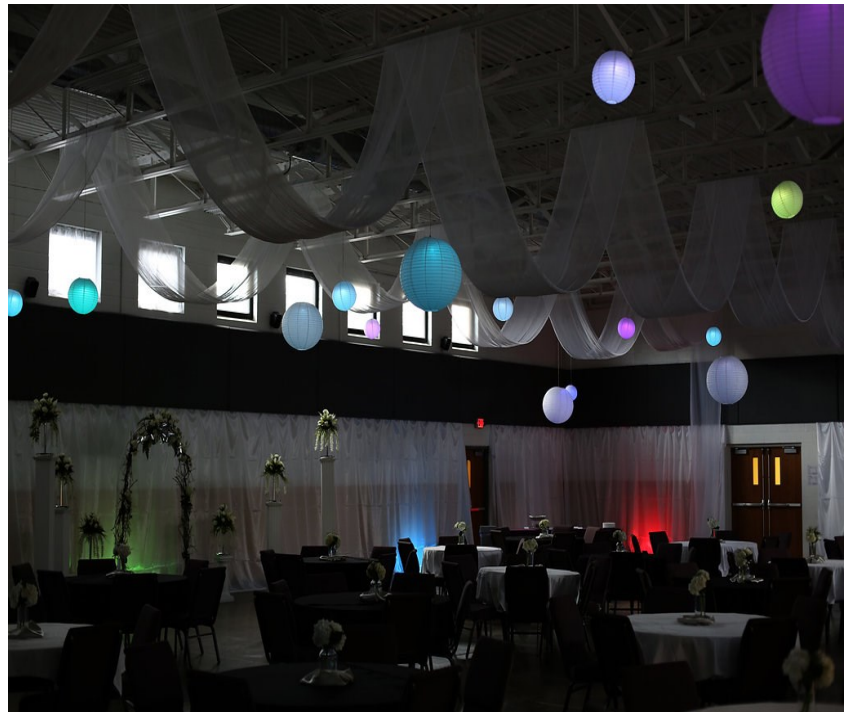
PO Box 190
1200 Rolla Road
Salem MO 65560
Phone: 573-729-8163
Fax: 573-729-8393
Fitness Center: 573-739-1127

Email:
info@salemcommunitycenter.org
info@salemfitnesscenter.org
Find us on the web:
salemcommunitycenter.org

The Salem Community Center @ the Armory
provides the following :

- Fitness Center
- Public Computers
- Rural Addressing
- Continuing Education Classes
- Conference Rooms
- Computer Lab
- Fingerprinting
- Copies & Faxes
- Multipurpose/Gymnasium
- Health Department Inspected Kitchen

We are here for you!



**Reserve your space now @ The Armory
for family reunions, wedding receptions,
workshops, conferences, and many more events.**

****BOOK YOUR NEXT EVENT WITH US****

