

Salem Community Center @ the Armory Newsletter

Salem Community Center
**@the
Armory**

JULY 2020



The Salem Community Center @ the Armory will be closed on Friday, July 3, in observance of Independence Day.



Fourth of July Parade & Fireworks - This year's theme is: **An American Holiday**. Parade will take place downtown Salem, starting on Franklin St. and ending at the Dent County Court House. Parade entry is free but you do need to register your entry, contact the Chamber to enter your float or horse. George Flint, United States Army veteran, will be the Grand Marshal. Fireworks will start at dark at the Dent County Commons-parking is free. The parade downtown beginning at 6:00 p.m. and fireworks display at the Commons beginning at dusk.

Location: Downtown Salem
Phone: 729-6900



MEMBER SPOTLIGHT: AMANDA OPPELT



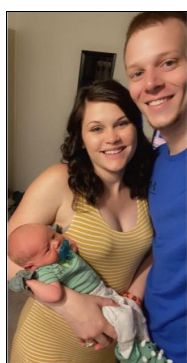
Growing up I was always active and never worried much about my weight, but after I started college and got married I put on some extra weight that was very defeating to my self confidence. I knew I wanted to make a change and to better myself and my life style but I always thought the only way to lose weight was to run on the treadmill... and I hated cardio! I remember coming across a post on Instagram of a woman squatting 200 lbs and thinking how amazing she was and I wanted to be able to do that!

I delved deep into the world of strength training and Olympic lifting and read all of the Information I could find. When I first started this journey, it was originally to burn off fat and to transform my body to what I thought was ideal, but I eventually changed my mindset.

Now I want to lift because it gives me confidence and I love feeling strong. I never thought I was the type of person that went to the gym or even enjoyed. It is now something that I have a deep passion for and something that I truly enjoy. I love challenging myself and seeing myself get stronger. Lifting weights has given me a confidence I never thought I could have and I only compare myself and try to be better than the person I was the day before. My workout routine has changed immensely and may look different at different seasons in my life but it is something that is constant and vital to my mental health. I notice a big change in my mood and energy on the days I skip my workout. I discovered that I love

lifting weights and I aspire to become stronger and lift heavier during every session.

The armory gives me a space where I feel comfortable and confident to push myself during every session. I have met other members who have given me great advice and tips. I have come far in the past 3 years and can't wait to see where I will be in my fitness journey in the years to come!



Congratulations goes out to Matt & Amanda for welcoming healthy and handsome baby Stephen to their family June 3rd. Stephen already has his parents wrapped around his little finger.



Follow us on Facebook under Healthy Dent County Fitness Center to stay up to date.

Wishing a Happy Birthday



**to all Fitness Center members
with a July birthday!!**

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

Weekly Classes Offered:

Monday:

Sweet & Low—8:30 a.m.

Zumba—6:30 p.m.

Tuesday:

Slow Motion—10:30 a.m.

Kickboxing—5:30 p.m.

Thursday:

Functional Strength & Cardio—5:30 p.m.

Zumba—6:30 p.m.

Friday:

Sweet & Low—8:30 a.m.

Slow Motion—10:30 a.m.

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



CHOOSE
HAPPINESS

Salem Community Center
@the Armory

Salem Community Center @ the Armory

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Salem MO 65560

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Fax: 573-729-8393

Fitness Center: 573-739-1127

Email:

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info@salemfitnesscenter.org

Find us on the web:

salemcommunitycenter.org



The Salem Community Center @ the Armory
provides the following :

Fitness Center

Conference Rooms

Public Computers

Fingerprinting

Rural Addressing

Copies & Faxes

Continuing Education Classes

Multipurpose/Gym

Health Department Inspected Kitchen

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

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

We are here for you!

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