

December 2025

HEALTHY DENT COUNTY



Ways you can make a difference in your community this holiday season!

See inside flyer for details!

Make A Difference this
Holiday Season in
Your Community

Upcoming Community
Christmas Events
See inside for details!

Salem Community Center @
the Armory offices CLOSED

Wed. Dec. 24th @ Noon

Thurs. Dec. 25th & Fri. Dec. 26th

Wed. Dec. 31st @ Noon

Thurs. Jan. 1st

Member Spotlight
Shane Callicut

Healthy Dent County
Fitness Center
Half Price Daily Fees
Select Friday Specials!

NEW BOUNCE HOUSE
ARRIVAL!! Secure your
birthday party today!



Shane and Radene Callicut



Follow us on Facebook: Healthy Dent County Fitness Center/Council for a Healthy Dent County to stay up to date



HEALTHY DENT COUNTY FITNESS CENTER

Half Price Daily Fees Select Friday Specials!

Weight & Cardio Room, Full Court Gymnasium, Circuit 30, & Spin Room

\$5.00 Noon - 4 p.m.

- Friday November 21st
- Friday, December 19th
- Friday, December 26th
- Friday, January 2nd
- Friday, February 13th
- Friday, March 27th
- Friday, April 3rd
- Friday, April 24th



Salem Community Center @ the Armory
1200 West Rolla Road, Salem, MO 65560

For more information, please contact us at (573) 739-1127
or email Lanessa@salemcommunitycenter.org



please join us for

PJ's & Pancakes with SANTA

HOSTED BY
THE SALEM MO FIREWORK COMMITTEE

Saturday, December 6th at 8AM

1200 WEST ROLLA ST., SALEM, MO 65560



pictures with Santa ❄️ pancake breakfast ❄️ face painting
coffee bar ❄️ juice bar ❄️ balloon animals

Adults 16 or older: \$15
Children ages 7-15: \$5
Kids 6 or under: FREE



TRAIL TO THE CROSS

Cowboy Christmas Ball

DECEMBER

13

doors open at
6:00 PM

1200 West Rolla Road, Salem
Salem Community Center at The Armory

SILENT AND LIVE AUCTION | DINNER | MUSIC AND FUN

FIND US ON FACEBOOK
FOR MORE INFORMATION

417.824.7718



GET YOUR TICKETS HERE!



Get Fit, Stay Fit, Right Here, Right Now

Visit the Healthy Dent County Fitness Center at
the Salem Community Center @ the Armory



Full Cardio and Weight Room

Group Exercise Classes

Full Court Gymnasium

(Basketball, Volleyball, Pickleball)

Free Membership for Renew Active and Silver Sneaker Members

For questions or rates, please call us at 573-739-1127 or visit SalemCommunityCenter.org



NEW ARRIVAL

Making Birthday Parties Easy!

Bounce House Birthday Party

Salem Community Center @ the Armory

3 Bounce Houses

4 Hours \$300

(Tables, Chairs, and Kitchen Included)

Gymnasium also available to rent

Half Court - \$15 an hour Full Court - \$25 an hour

Questions? Please call us at (573)729-8163





REGISTER TO

RING™



*Ways you can make a difference in
your community this holiday season!*

1) Register to Ring the Bell at *RegisterToRing.com*

2) Donate to the Salvation Army.

Write a check and mail to:

The Salvation Army

PO Box 190

Salem, MO 65560

**3) Donate to the kettles located at *Walmart*, and
Country Mart starting **Wednesday November 26th.****

Thank You

Questions? Call Susie Mackey at (573) 247-7099

Sherry at (573)729-8163 or email

Sherry@salemcommunitycenter.org




Holiday Lighting CONTEST 2025

Registration
Nov. 17th - Dec. 4th

Forms can be picked up at the City Admin office or the Chamber Office or can be found online.
www.salemmo.com

Residential and Commercial!

DECEMBER

2025 SALEM AREA CHAMBER OF COMMERCE PARADE THEME

Candy Cane LANE

FRIDAY, DECEMBER 5
6:00 PM START TIME

Candy Cane Lane

ANNUAL TREES & TRAINS EXHIBIT
Opens November 24
Monday - Friday 9a-5p
Saturday 10a-1p

Ozark Natural & Culture Resource Center
202 South Main Street, Salem

PJ's & Pancakes with SANTA

HOSTED BY
THE SALEM MO FIREWORK COMMITTEE

Saturday, December 6th at 8AM

1200 WEST ROLLA ST., SALEM, MO 65560



Keeping Christmas at Home

DECEMBER 7
1-4 PM

Salem Upper Elementary School

Christmas craft and Vendor fair to encourage shopping local.



TRAIL TO THE CROSS

Cowboy Christmas Ball

DECEMBER 13 doors open at 6:00 PM

1200 West Rolla Road, Salem
Salem Community Center at The Armory

SILENT AND LIVE AUCTION | DINNER | MUSIC AND FUN

Christmas Open House

Monday, December 15
5 p.m. - 7 p.m.

1009 E. Scenic Rivers Blvd. | Salem | 573-729-3155

Join us for a magical holiday celebration with Santa & Mrs. Claus and the incredible Show-Me Reindeer.
Cookies and refreshments provided.



Town & Country Bank

tcbanks.com
Member FDIC

Healthy Dent County Fitness Center

BOGO

January Special

During the month of January *Buy a Membership and Get One Free for a friend!*
(BOGO is valid for 1 month only)

\$35 for two members
(Or sign up with Autopay for \$28)

***24 Hour Access Additional Cost**

To Qualify:
New Members ONLY



Included in this:

- ||| NEW Circuit30
- ||| Full Court Gymnasium
- ||| Cardio, Weight, Spin Room

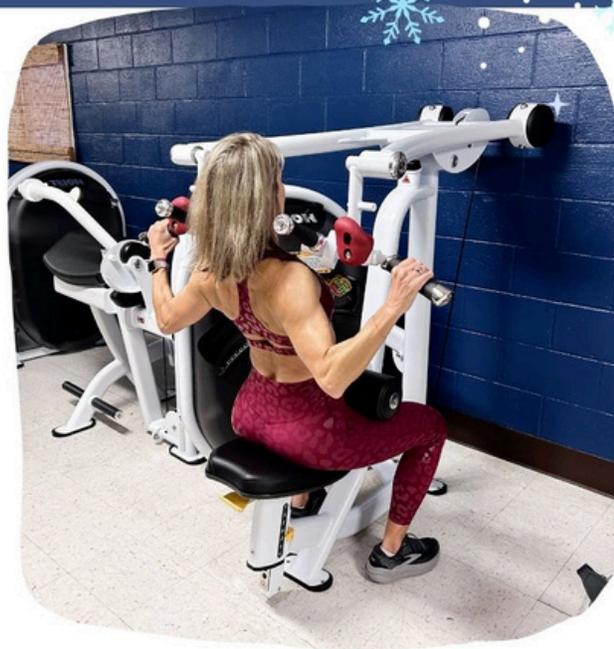
Questions? Please call us at 573-739-1127 or
email Susie@salemcommunitycenter.org

Circuit 30



HEALTHY
DENT COUNTY

Experience a relaxed, intimidation free atmosphere
that makes fitness fuss-free and fun!



January Special Classes

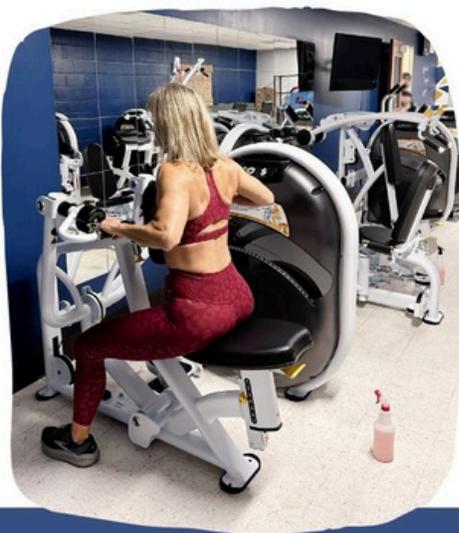
Every Monday, Wednesday, and Thursday in January

Monday - 9 - 9:30 a.m.

Wednesday - 12:15 - 12:45 p.m.

Thursday - 5:15 - 5:45 p.m.

Circuit30 is the best place for anyone of all ages and fitness levels
to begin their fitness journey. It's a relaxed, intimidation free
atmosphere that makes fitness fuss free and fun!



Questions? Please call us at (573) 739-1127
or email Lanessa@SalemCommunityCenter.org

Healthy Dent County Fitness Center

GET STRONG IN STYLE!

Introducing our new T-Shirt, available NOW for purchase!



All proceeds benefit Healthy Dent County, a non-profit organization, and will go directly toward improving the facility and equipment used by the community.



Salem Community Center @ the Armory

Fitness Center Office

573-739-1127

Healthy Dent County Fitness Center

As a special thank you for signing in every Gym Visit

ENJOY this FREE GIFT!



Call Lanessa at 573-739-1127 to check if your visits have qualified you in the 500 or 1000 Club!



**Salem Community Center @ the Armory
Fitness Center Office**



Gymnasium Birthday Party

Salem Community Center @ the Armory

Half Court - \$15 an hour Full Court - \$25 an hour

Classroom - \$50

(Classroom must be reserved if serving food)

- Basketball • Volleyball • Pickleball • Dodgeball

Questions? Please call us at (573)739-1127

Membership Spotlight

Shane Callicut

Healthy Dent County is proud to highlight Shane Callicutt, who has been making great strides since committing to better fitness habits earlier this year.

Hobbies

When Shane isn't at the gym, you can often find him woodworking, playing music, or writing.

Why He Works Out

Shane has always been naturally strong, even at his heaviest of 326 lbs, he could drop and crank out 30-40 pushups without hesitation. But as he approaches 50 in 2026, his goals have shifted. Instead of chasing six-pack abs, Shane is focused on maintaining his strength, protecting his heart, improving his bloodwork, and building habits that will keep him healthy long-term.

Routine & Consistency

Shane admits he never loved lifting weights and wasn't always consistent in the past. But with the addition of the Circuit 30 Room in Spring 2025, he found a system that works for him. He now trains 2-3 days a week, aiming for about 3 total hours: Circuit Room (15-20 minutes, using reps instead of timed intervals). Elliptical (1.25 miles / 15 minutes at level 15, keeping heart rate above 150). Basketball (15-20 minutes as a cool down). This balance of strength and cardio has already led to noticeable changes.

Results & Impact

Since starting, Shane has: Dropped 25 lbs. Increased stamina in cardio. Regained muscle definition in his shoulders, chest, and arms. Experienced a boost in mood and mental clarity. He's eager to see the changes reflected in his upcoming bloodwork.

Motivation & Mindset

Shane's motivation comes from staying heart-healthy and keeping his numbers in check. He keeps nutrition simple, leaning toward a lower-carb, ketogenic style while still allowing himself flexibility. "If I want a piece of cake, I'll have a piece of cake... just not every day."

Words of Thanks

Shane appreciates the facilities and encouragement at Healthy Dent County and is grateful for the positive changes it has brought to his life.

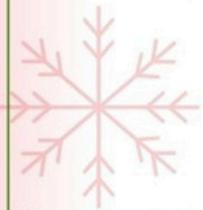
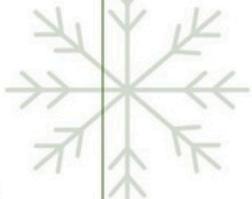
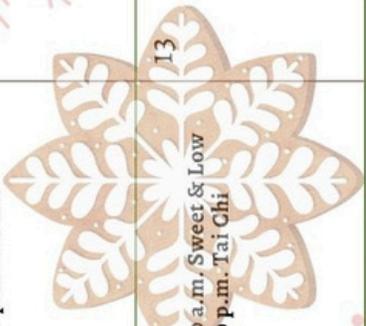
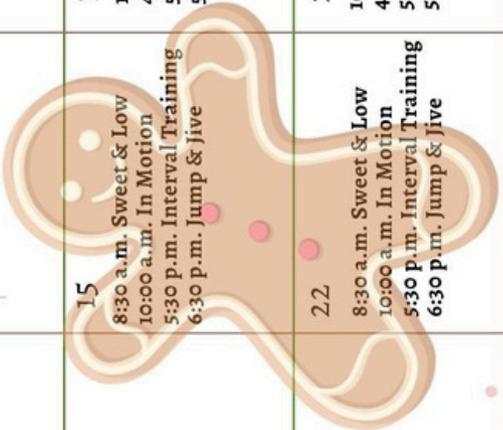
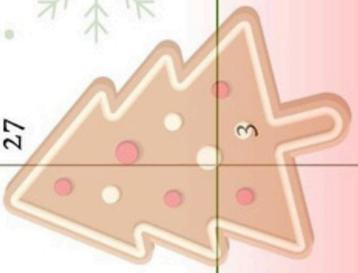
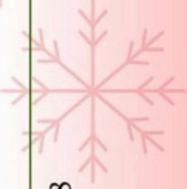
Shane's story is a great reminder that fitness doesn't have to be extreme to be effective. Consistency, realistic goals, and finding what works for your lifestyle can make all the difference!

-Susie Cahill
Fitness Center Director



HEALTHY DENT COUNTY
FITNESS CENTER

December 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 8:30 a.m. Sweet & Low 10:00 a.m. In Motion 5:30 p.m. Interval Training 6:30 p.m. Jump & Jive	2 10:00 a.m. In Motion 4:30 p.m. LIIT 5:30 p.m. Kickboxing 5:30 p.m. Spin	3 8:30 a.m. Sweet & Low 10:00 a.m. Yoga	4 10:00 a.m. In Motion 5:30 p.m. Tighten & Tone 5:30 p.m. Spin 6:30 p.m. Jump & Jive	5 8:30 a.m. Sweet & Low 5:30 p.m. Tai Chi	6 
7 	8 8:30 a.m. Sweet & Low 10:00 a.m. In Motion 5:30 p.m. Interval Training 6:30 p.m. Jump & Jive	9 10:00 a.m. In Motion 4:30 p.m. LIIT 5:30 p.m. Kickboxing 5:30 p.m. Spin	10 8:30 a.m. Sweet & Low 10:00 a.m. Yoga	11 10:00 a.m. In Motion 5:30 p.m. Tighten & Tone 5:30 p.m. Spin 6:30 p.m. Jump & Jive	12 8:30 a.m. Sweet & Low 5:30 p.m. Tai Chi	13 
14 	15 8:30 a.m. Sweet & Low 10:00 a.m. In Motion 5:30 p.m. Interval Training 6:30 p.m. Jump & Jive	16 10:00 a.m. In Motion 4:30 p.m. LIIT 5:30 p.m. Kickboxing 5:30 p.m. Spin	17 8:30 a.m. Sweet & Low 10:00 a.m. Yoga	18 10:00 a.m. In Motion 5:30 p.m. Tighten & Tone 5:30 p.m. Spin 6:30 p.m. Jump & Jive	19 8:30 a.m. Sweet & Low 5:30 p.m. Tai Chi	20 
21 	22 8:30 a.m. Sweet & Low 10:00 a.m. In Motion 5:30 p.m. Interval Training 6:30 p.m. Jump & Jive	23 10:00 a.m. In Motion 4:30 p.m. LIIT 5:30 p.m. Kickboxing 5:30 p.m. Spin	24 CLOSED @ NOON	25 Christmas 	26 CLOSED	27 
28 	29 8:30 a.m. Sweet & Low 10:00 a.m. In Motion 5:30 p.m. Interval Training 6:30 p.m. Jump & Jive	30 10:00 a.m. In Motion 4:30 p.m. LIIT 5:30 p.m. Kickboxing 5:30 p.m. Spin	31 CLOSED @ NOON	1 HAPPY <i>A New Year</i>	2	3

HEALTHY DENT COUNTY FITNESS CENTER GROUP CLASSES

Our group classes are the perfect way to get energized, meet new friends, and crush your goals!

INTERVAL TRAINING

Mon. – 5:30 pm (45 minutes)

Cardio, strength, and core training class with 45 to 60 second work out intervals followed by a 10 second rest.

IN MOTION

Mon., Tue., & Thurs. – 10:00 am (60 minutes)

Participants exercise in a chair for 45 minutes then stand for 15 minutes. We use weights, bands, drumsticks, balls and more set to music. All ages welcome.

SPIN

Tues. & Thurs. - 5:30 pm (45 minutes)

Bikes can be tailored to a light to moderate or high intensity workout. Bikes are available for members to use outside of class times.

JUMP & JIVE

Mon. & Thurs. – 6:30 pm (60 minutes)

An inspired dance-fitness program that blends rhythms set to high energy beats.

LIIT

Tues. – 4:30 pm (45 minutes)

Low Impact Interval Training, easy on your joints with 45 second work out intervals followed by a 10 second rest.

TIGHTEN AND TONE

Thurs. – 5:30 pm (45 minutes)

Strength training class designed to target and tone specific muscle groups.

KICKBOXING

Tues. – 5:30 pm (60 minutes)

This class is a combination of cardio, boxing and martial arts providing a total body workout. It aims to improve strength, aerobic fitness, speed, flexibility, coordination and balance.

SWEET & LOW

Mon., Wed., Fri. – 8:30 am (60 minutes)

Participants stand to exercise 45 minutes and sit in chairs for 15 minutes. Low-impact exercise using weights, steps, bands, balance balls, and more. All ages welcome.

YOGA

Wed. - 10 am (45 minutes)

Yoga exercises are a series of physical poses, breathing techniques, and meditation that can help improve strength, flexibility, and balance.

Tai Chi

Fri. – 5:30 pm (60 minutes)

Tai chi is a gentle mind-body practice that combines slow movements, deep breathing, and meditative focus to promote balance, relaxation, and overall well-being.

**Scan the QR code
to sign up online.**



SALEM COMMUNITY CENTER @ THE ARMORY

1200 W. Rolla Road, Salem • 573-739-1127 • lanessa@salemcommunitycenter.org



- » \$150 for 5 hours.
(\$350 for 10 hours)
- » Available 7 days a week.
- » Seating for up to 250 people.
- » Tables, chairs, & kitchen included.
- » Sound system, projector & tablecloths available.

Salem Community Center
@The Armory
Where Health, Education and Community Meet

For rates and information, call 573-729-8163 | 1200 W. Rolla Rd. | Salem, MO 65560





Conference Rooms @ the Armory

Birthday Parties, Reunions, Meetings, Baby Showers

- \$50 weekdays, \$100 weekends
- Available 7 days a week
- Technology included (computer & large TV monitor)

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

For more information and availability, call 573-729-8163 | 1200 W. Rolla Rd. | Salem, MO 65560



Walden Room (Up to 12 people)



Rotary Room (Up to 35 people)



Healthy Dent County Fitness Center

Office Hours

Monday - Friday 8:00 a.m. - 4:30 p.m.

Fitness Center Hours

Monday-Friday: 5 a.m.- 7 p.m.

24 Hour Access Available

- Cardio Room
- Weight Room
- Spin Room
- Classroom
- Gymnasium

For rates and information, call 573-739-1127 | 1200 W. Rolla Rd. | Salem, MO 65560





Salem Community Center @ the Armory

Heading to a family gathering at the Salem City Park?
Swing by next door and check out our gymnasium, we're a short walk away!

Gymnasium Rentals

Half Court - \$15 an hour

Full Court - \$25 an hour

- Basketball
- Volleyball
- Pickleball
- Dodgeball

For information and availability, call 573-739-1127 | 1200 W. Rolla Rd. | Salem, MO 65560



Healthy Dent County Fitness Center

Renew Active

by  UnitedHealthcare®



SilverSneakers

Are you a senior or on disability? Want a free gym membership? See if you qualify today!



1. Take your SilverSneakers or Renew Active info to the Healthy Dent County Fitness Center Office
2. Sign up in the Healthy Dent County Fitness Center Office
3. Tour the facility and start working out at no extra cost!

Questions? Please call us at (573) 739-1127 or email Lanessa@salemcommunitycenter.org





Healthy Dent County is dedicated to providing opportunities to improve health and quality of life by partnering with our community.



Contact us:

Phone: (573)729-8163

Email: lacey@salemcommunitycenter.org

Website: salemcommunitycenter.org

 Facebook: Council for a Healthy Dent County

Healthy Dent County Fitness Center

Healthy Dent County & Fitness Center Office Hours

8:00 a.m. to 4:30 p.m. Monday-Friday

Fitness & Cardio Room Hours:

5 a.m. to 7 p.m. Monday-Friday
(24 hour access code needed for weekends and after hours)