

January 2026

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

See inside flyer for details!

Salem Community Center
@ the Armory
offices CLOSED
Wed. Dec. 31st @ Noon
Thurs. Jan. 1st

BOGO January Special
NEW Fitness Center
Memberships

Salem Memorial Hospital
Dancing with the Stars
Saturday, Jan. 24th

Member Spotlight
Lamicia Conaway

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

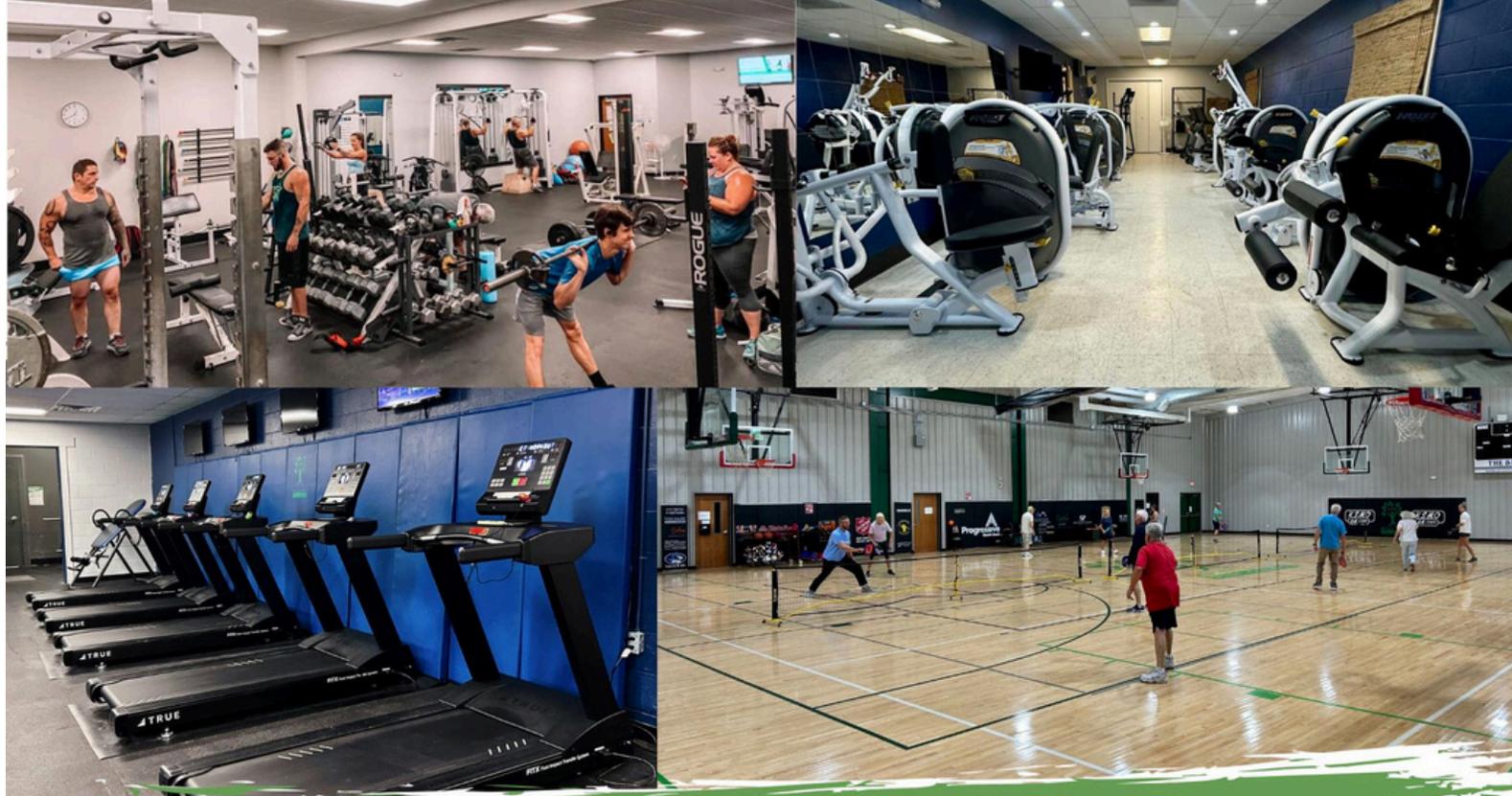
NEW BOUNCE HOUSE
ARRIVAL!! Secure your
birthday party today!



Lamicia Conaway



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, 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

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 Lanessa@salemcommunitycenter.org

Circuit 30



HEALTHY
DENT COUNTY

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



January Special Classes

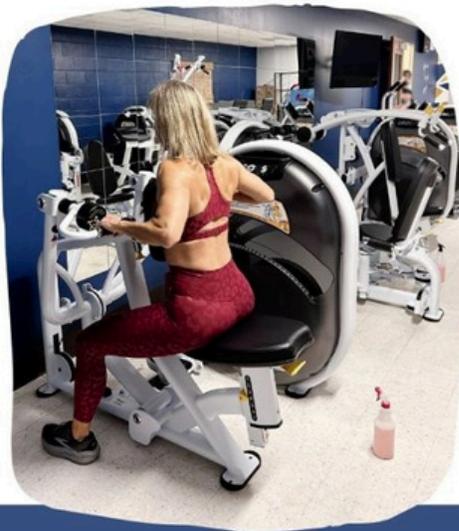
Every Monday, Wednesday, and Thursday in January

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



AARP Free Tax Aide Filing

AARP volunteers will once again be doing taxes for **FREE** at the **Salem Community Center @ the Armory**. The Healthy Dent County staff are currently taking appointments until April 3rd, please call 729-8163.



Membership Spotlight

Lamicia Conaway

For Lamicia Conaway, fitness isn't just a hobby it's her therapy and her lifeline. After undergoing four spinal surgeries, she has learned firsthand how powerful exercise can be in restoring both strength and hope.

"I work out to maintain my muscle strength and my current level of activity. It really is my physical therapy," Lamicia explains. Depending on how her body feels, her workouts vary. Some days it's an hour of strength training at the gym; other days it's gentle yoga on her mat at home. But no matter the form, she makes it a priority to move 3-5 days a week, usually for 45 minutes to an hour.

Lamicia's love for activity began as a teenager enjoying sports and fitness, and it was rekindled after she started physical therapy for her spinal fusion. "I could see how much physical exercise could restore people, and that gave me hope," she says. At one point she was walking three miles a day and following therapy routines, but as walking became too painful, she turned to gym equipment and biking to maintain her strength.

Her career as a nurse and her rehab journey further cemented her belief in exercise. "After every surgery, I threw myself into physical therapy. I could feel my strength and flexibility improve, and I became a big believer in exercise. "If I don't do it, I get stiff, my pain is worse, and my mood is low."

These days, Lamicia especially enjoys cardio riding her mountain bike is her favorite way to get her heart pumping. She and her boyfriend also make fitness a shared priority, riding bikes together, taking short walks with their dog, and playing frisbee golf.

For Lamicia, the motivation to keep going is crystal clear: "My doctors have told me that if I stop, it will only be a matter of time before I'd be in a wheelchair or worse. Exercise is my ticket to being able to stay active."

Her advice to others is simple but powerful: don't underestimate the role of exercise in your life. "Fitness keeps me going mentally and physically. It will always be a priority."





BLOOD DRIVE

First Baptist Church - Salem
201 N. MacArthur Ave.

TUESDAY, JAN. 6
12-6 PM



Saturday, January 24, 2026

Salem High School Gym

Dancing @ 7:00 p.m.

Doors Open @ 6:30 p.m.



Event sponsored by:



Table Seats, Bleachers, Sponsor Tables
AVAILABLE NOW!



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

Circuit30 and Spin 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



HEALTHY DENT COUNTY
FITNESS CENTER

January 2026

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

For rates or questions please call us at 573-739-1127 or email Lanessa@SalemCommunityCenter.org

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

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**

**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





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



- » \$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)