

February 2026

HEALTHY DENT COUNTY

HEALTHY DENT COUNTY

LINE DANCING



Dance Classes

Tuesday evenings in February at 6:30 pm.

AARP Free Tax Filing
Schedule your appointment
TODAY! Call 573-729-8163

Salem Area
Chamber of Commerce
Galentine's Glow
Bingo Party
Saturday, Feb. 7th

Financial Peace University
Starting Sunday, Feb. 8th
Sign Up NOW

See inside flyer for details!

Member Spotlight
Viktoriia Matussevych

Healthy Dent County
Fitness Center
Half Price Daily Fee!
Friday, Feb. 13th

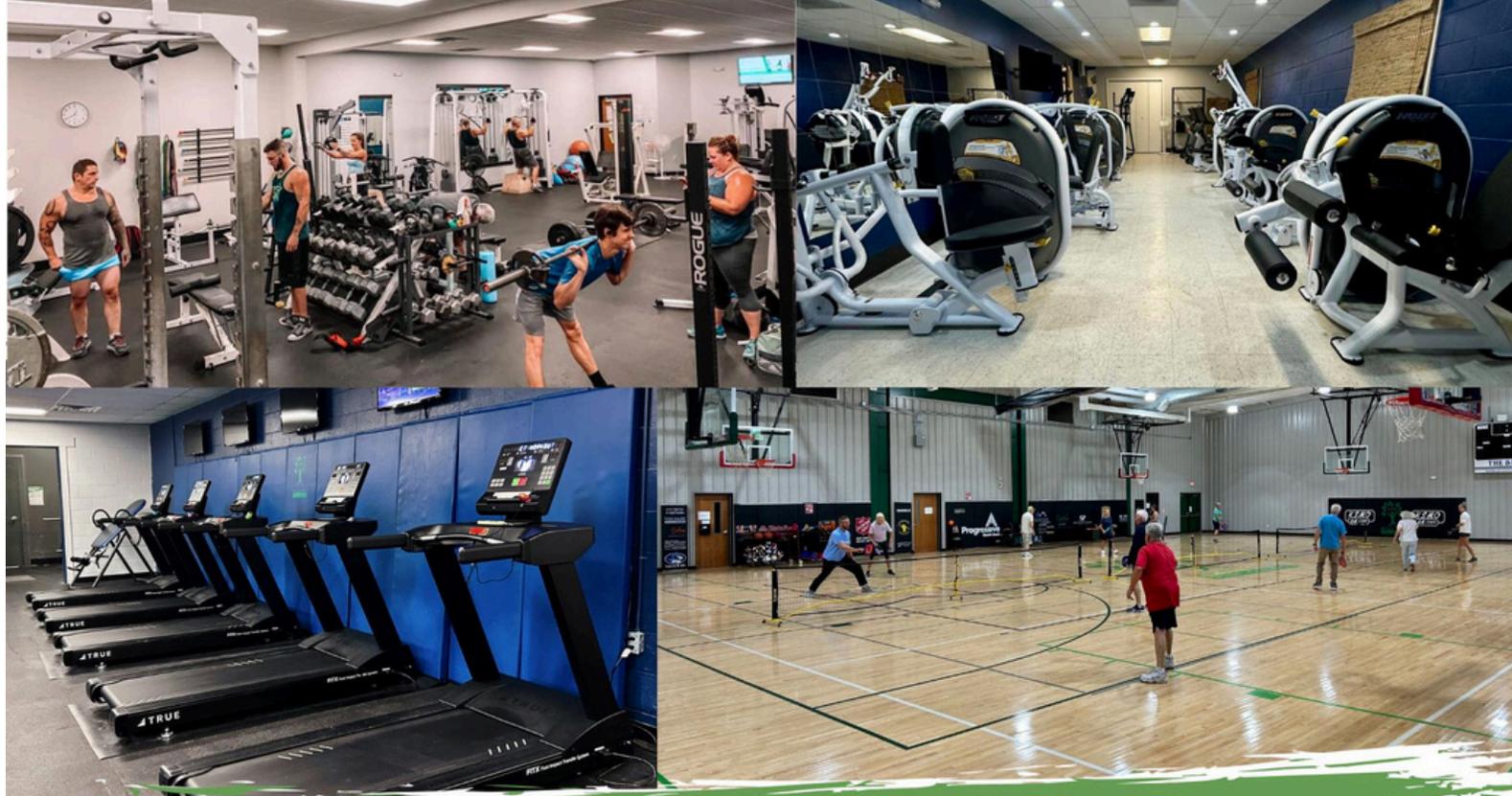
Salem Rotary Club
Annual Pancake Day
Saturday, Feb. 14th



Viktoriia Matussevych



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



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.



Presented by Healthy Dent County

Dave Ramsey's

Financial Peace[®]

UNIVERSITY

WORKSHOP

The fastest way
to beat debt and
build wealth.

Sundays

Starting Feb. 8th

2 p.m.- 3:30 p.m.

7 Week Course

Salem Community Center @ the Armory
1200 W. Rolla Rd. Salem, MO



**INSTRUCTOR:
LUKE HEITHOLD**

Imagine life with **NO debt, NO credit card payments, and NO car payments.** How much could you save, invest, and enjoy? What if every dollar you earned built your future instead of paying for your past?

Discover how financial freedom can be yours!

Price: \$60

Seating Limited, REGISTER NOW ! Call 573-729-8163

7 LESSONS

- Baby Steps
- Budgeting
- Wise Spending
- Understanding Insurance
- Building Wealth
- Buying & Selling Your Home
- Outrageous Generosity



Questions? 573-729-8163, or email Carlos@salemcommunitycenter.org

SALEM AREA CHAMBER OF COMMERCE

GALENTINE'S

GLOW

Bingo Party

A NIGHT OF MUSICAL BINGO FEATURING GREAT PRIZES TAILORED FOR AN EVENING OF FUN FOR GALS AND THEIR PALS.

SATURDAY
FEB. 7

**PRIZES
DRINKS
FUN**

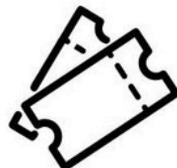
6PM - DOORS OPEN
THE FACTORY ON JACKSON



GAME SPONSOR - \$75

TWO TICKETS, NAME ANNOUNCED FOR ONE BINGO ROUND AS SPONSOR

INDIVIDUAL TICKETS - \$18 EACH
TABLES - \$125 - SEATS 8



Accepting donations of gift cards/goods for prizes!

Salem Rotary Club's

ANNUAL PANCAKE DAY

JOIN THE FUN!
Funds raised support
community projects,
scholarships, and more!

BREAKFAST
includes Pancakes,
Sausage, and Milk or Coffee



**SATURDAY,
FEB. 14, 2026**

7AM-11AM

\$8

**CHILDREN UNDER 6
EAT FREE**

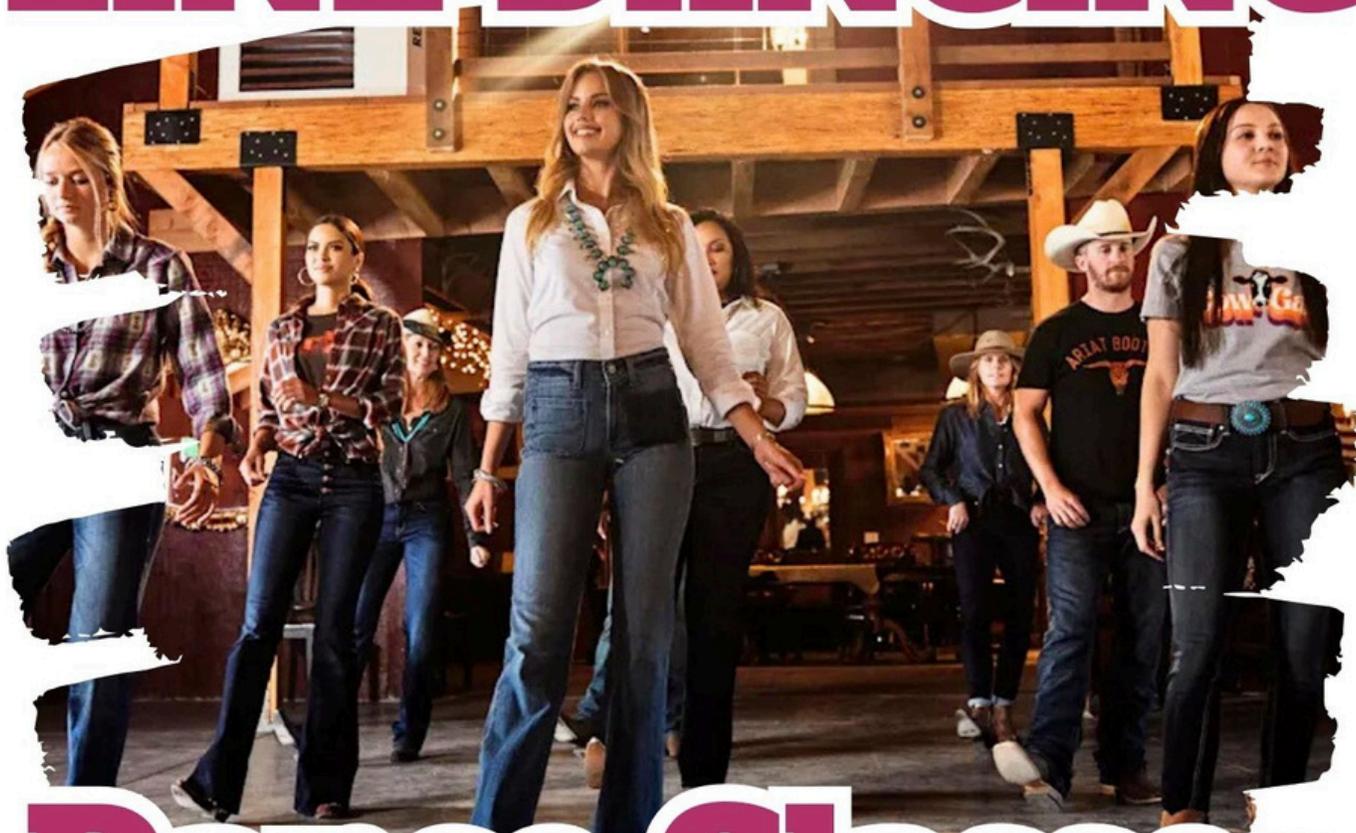
**SALEM MIDDLE
SCHOOL
CAFETERIA**

1400 TIGER PRIDE DRIVE

Tickets available from Salem Rotary members before the event, or at the door. Contact Salem Rotary President Jimmy Standfast for questions, 573-201-7091.

HEALTHY DENT COUNTY

LINE DANCING



Dance Classes

The Line Dancing classes will be held
Tuesday evenings in **February** at **6:30 pm.**
(February 3, 10, 17, 24)

\$5 per person - pay at the door

Instructor: Rosalie Wright

All Classes will be held at the
Salem Community Center @ the Armory
1200 West Rolla Road, Salem

**For any questions, please call us at 739-1127
or email Susie@salemcommunitycenter.org**



Membership Spotlight

Viktoriia Matussevych

Meet Viktoriia Matussevych, one of our dedicated Healthy Dent County Fitness Center members whose commitment to health and well-being is truly inspiring!

Her Fitness Journey

Viktoriia admits that fitness wasn't always something she enjoyed. "No, I hated it before!" she laughs. But after realizing that staying active was key to living longer and feeling better, she made a change – and once she started seeing results, she was hooked.

She's now been working out consistently for over two years, training five days a week at the gym and walking daily. Her motivation? "It makes me feel good afterwards and keeps me in shape," she says.

Stronger, Healthier, Happier

Exercise has transformed Viktoriia's life, not just physically but mentally. "It's made me stronger and healthier," she says proudly. She enjoys a mix of workouts but leans toward cardio, finding it easier and refreshing. Most of what she's learned comes from watching others and exploring fitness content on YouTube or TikTok.

When it comes to nutrition, Viktoriia says she and her family do their best to eat healthy: "Yes, as much as we can!"

From Ukraine to Missouri

Originally from Ukraine, Viktoriia came to the U.S. to study. Her fitness story took a turn after a health scare – an unexpected case of appendicitis that reminded her how valuable good health really is. "I decided to be healthy again," she shares, and she's followed through ever since.

Motivation & Mindset

Viktoriia's biggest motivation comes from within. "Myself, and a good figure," she says with a smile. She's proof that with consistency, curiosity, and self-motivation, anyone can create lasting change.



HEALTHY DENT COUNTY
FITNESS CENTER

February 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 8:30 a.m. Sweet & Low 10:00 a.m. In Motion 5:30 p.m. Interval Training 6:30 p.m. Jump & Jive	3 10:00 a.m. In Motion 4:30 p.m. LIIT 5:30 p.m. Kickboxing 5:30 p.m. Spin	4 8:30 a.m. Sweet & Low 10:00 a.m. Yoga	5 10:00 a.m. In Motion 5:30 p.m. Tighthen & Tone 5:30 p.m. Spin 6:30 p.m. Jump & Jive	6 8:30 a.m. Sweet & Low 5:30 p.m. Tai Chi	7
8	9 8:30 a.m. Sweet & Low 10:00 a.m. In Motion 5:30 p.m. Interval Training 6:30 p.m. Jump & Jive	10 10:00 a.m. In Motion 4:30 p.m. LIIT 5:30 p.m. Kickboxing 5:30 p.m. Spin	11 8:30 a.m. Sweet & Low 10:00 a.m. Yoga	12 10:00 a.m. In Motion 5:30 p.m. Tighthen & Tone 5:30 p.m. Spin 6:30 p.m. Jump & Jive	13 8:30 a.m. Sweet & Low 5:30 p.m. Tai Chi	14
15	16 8:30 a.m. Sweet & Low 10:00 a.m. In Motion 5:30 p.m. Interval Training 6:30 p.m. Jump & Jive	17 10:00 a.m. In Motion 4:30 p.m. LIIT 5:30 p.m. Kickboxing 5:30 p.m. Spin	18 8:30 a.m. Sweet & Low 10:00 a.m. Yoga	19 10:00 a.m. In Motion 5:30 p.m. Tighthen & Tone 5:30 p.m. Spin 6:30 p.m. Jump & Jive	20 8:30 a.m. Sweet & Low 5:30 p.m. Tai Chi	21
22	23 8:30 a.m. Sweet & Low 10:00 a.m. In Motion 5:30 p.m. Interval Training 6:30 p.m. Jump & Jive	24 10:00 a.m. In Motion 4:30 p.m. LIIT 5:30 p.m. Kickboxing 5:30 p.m. Spin	25 8:30 a.m. Sweet & Low 10:00 a.m. Yoga	26 10:00 a.m. In Motion 5:30 p.m. Tighthen & Tone 5:30 p.m. Spin 6:30 p.m. Jump & Jive	27 8:30 a.m. Sweet & Low 5:30 p.m. Tai Chi	28
HEALTHY DENT COUNTY						HAPPY Valentine's Day

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



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

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**



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)