

July 2026

HEALTHY DENT COUNTY



See inside flyer for details!



Member Spotlight
Weston Tackett

Bungee Fitness Class
Every Monday
5:30 - 6:30 p.m.

Healthy Dent County
Fitness Center
New Member Access
Coming Soon!



Weston Tackett



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



EXCITING UPDATES

Coming Soon!



(Key Tags will be provided to those who do not have smart phones)

New Member Access & App Launch at the Healthy Dent County Fitness Center

We're excited to announce new technology upgrades that will make your membership experience **easier, more secure,** and **more convenient.** We are installing a new door access system that integrates with our membership and billing platform, and we'll soon be launching our new Member Connect App.



MEMBER CONNECT APP



SECURE DOOR ACCESS



QR CODE ENTRY

Download today



What you'll be able to do in the Gym Assistant Member Connect App:



• Pay your monthly membership dues



• Receive important updates and notifications



• Update your payment information



• Use a QR code for convenient door access throughout our facility



• Track your facility visits



These upgrades will enhance security, improve convenience, and create a better overall experience for our members!



Please note:

As with any new system, there may be a few adjustments, minor bugs, or temporary inconveniences during installation and launch. We appreciate your patience and understanding as we complete this transition.



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

Healthy Dent County's
Dueling Pianos Presented by:



Dueling

—PIANOS—

AUGUST 7TH, 2026

SALEM COMMUNITY CENTER @ THE ARMORY

DOORS OPEN @ 5:30 P.M.

**CONCESSION AND CASH BAR AVAILABLE
(HOTDOGS/HAMBURGERS)**

FLYING IVORIES


PERFORMANCE 6:30–9:30 P.M.



SCAN QR CODE
to Purchase
tickets Online

**\$250 VIP Table of 6
\$25 Individual Tickets**

Tickets are available at the
Salem Community Center @ the Armory

 573-729-8163

 Jackie@SalemCommunityCenter.org



HEALTHY
DENT COUNTY



4TH OF JULY FUN!

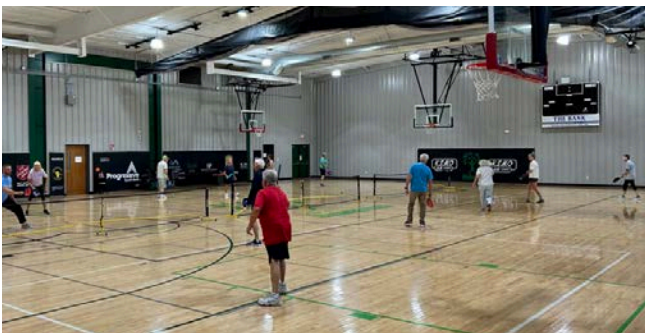
6:30 P.M. - 9:00 P.M.

Salem Community Center @ the Armory

**FREE ARMORY GYMNASIUM
& BOUNCE HOUSES**

ARMORY GYMNASIUM

BOUNCE HOUSES



The gymnasium will have basketball and pickleball available.



All 3 bounce houses will be out in the event center.

Kids must be supervised by parents.

Questions? Please call 573-729-8163



THE MENOPAUSE RESET



**MAINTAINING A
HEALTHY AND HAPPY LIFE**

*WITH APRIL GREENER DNP,
APRN, FNP-BC*



**TUESDAY,
JULY 7, 14, 21**



**Salem Community Center
@ the Armory**
1200 West Rolla Road, Salem



5:30 – 6:30 PM
FREE



WEEK 1:

Understanding Menopause



WEEK 2:

Food, Movement and Mind
for Hormone Balance



WEEK 3:

When lifestyle isn't enough:
Your Options Explained:
HRT and Beyond



Questions? Please Call
573-739-1127 or email
Susie@SalemCommunitycenter.org



HEALTHY DENT COUNTY FITNESS CENTER

MMA BASICS

WITH INSTRUCTOR
JERRY HALL



STRIKING BASICS

Punch, kick, and move with purpose



GRAPPLING FUNDAMENTALS

Control, position, and defend



SELF-DEFENSE TECHNIQUES

Practical skills for real situations



CONDITIONING & MOVEMENT

Build strength, endurance, and agility



MMA FUNDAMENTALS

A complete introduction to the sport

- ✓ BEGINNER FRIENDLY
- ✓ ALL FITNESS LEVELS WELCOME
- ✓ BUILD CONFIDENCE
- ✓ GET IN SHAPE
- ✓ HAVE FUN



“
My goal is to help you build real skills, confidence, and strength—inside and outside the gym.

— JERRY HALL



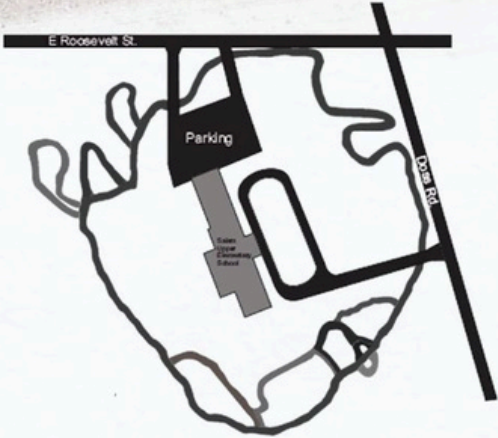
CLASS WEEKLY
@ 6:30 PM
IN THE CLASSROOM
SALEM COMMUNITY CENTER
@ THE ARMORY



Included with
Fitness Center Membership

\$10 for Non Members

Questions? Call 573-739-1127 or email Susie@salemcommunitycenter.org



**1.5 MILE
HIKING/BIKING TRAIL
OPEN TO THE PUBLIC**

TIGER TRAIL

Located at:
Salem Upper Elementary School





Create Your Own Brick Paver

Leave a lasting legacy with a meaningful engraved tribute.



Celebrate a special occasion,

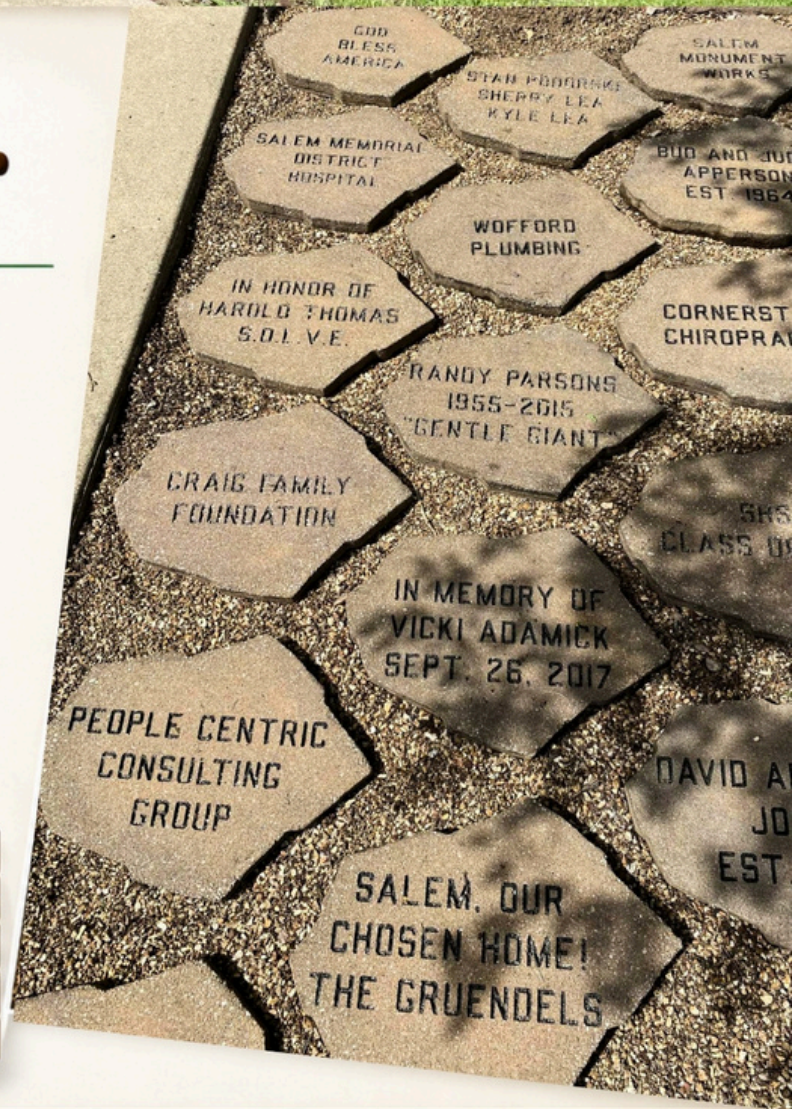
honor the memory of a loved one,

give an unforgettable gift,

recognize an esteemed colleague, mentor, student or employee.

Project Details

- ✓ Brick pavers can be purchased for \$200
- ✓ Engraved with up to 3 lines
- ✓ 14 characters per line
- ✓ Pavers are 15" x 20"
- ✓ Recipient of the gift will receive a certificate showing the completed brick paver



Salem Community Center

@the Armory
Where Health, Education and Community Meet



573-729-8163



Jackie@SalemCommunityCenter.org

Honor a memory. Celebrate a milestone. Create something that lasts.



BUNGEE FITNESS



Healthy Dent County Fitness Center

FUN. LOW-IMPACT. HIGH RESULTS.

Intro to Bungee Fitness is a fun, low-impact workout using a harness and bungee cords for jumping, strength, and cardio exercises.

FREE Fitness Center Members

\$10 Non-Members

(Weight Limit for Safety: 210lbs)



Lanessa Cafourek



Jackie Sisco



MONDAYS
5:30 - 6:30 P.M.



SPECIAL RESERVATIONS: \$100

Grab a few friends, whether it's 2 or up to 8, and book your own private bungee fitness experience!

Call for availability!



REGISTRATION REQUIRED.

To register and check availability:

Call 573-739-1127

or email Lanessa@salemCommunityCenter.org

Raising Hope

PEER COUNCIL

BUILDING PURPOSE. CHOOSING HOPE.

You don't have
to walk this journey
alone.

A PEER-LED
SUPPORT GROUP
focused on
GROWTH,
HOPE,
and **COMMUNITY.**

Open to all
Dent County
residents seeking
support.



SUPPORT

Peer support from
people with lived
experience.



CONNECTION

Build positive
relationships in a
welcoming community.



GOALS

Focus on personal
goal development
and self-improvement.



HOPE

Encouragement,
accountability, and
renewed purpose.



SAFE & CONFIDENTIAL

A judgment-free,
respectful environment
where you can be heard.

WHAT MAKES RAISING HOPE DIFFERENT?

- ✓ Peer-led by individuals with lived experience
- ✓ Open to all Dent County residents seeking support
- ✓ Focuses on personal goal development and self-improvement
- ✓ Inclusive, welcoming, and recovery-friendly
- ✓ No cost to attend
- ✓ Confidential and respectful environment

♥
THERE IS HOPE.
THERE IS COMMUNITY.
THERE IS A PATH FORWARD.

MEETING INFORMATION



EVERY SATURDAY



6:00 PM



DENT COUNTY
HEALTH CENTER

1010 E. Scenic Rivers Blvd.

Beginning
JUNE 27, 2026

WHO CAN ATTEND?

Anyone in Dent County seeking:

- ♥ Recovery support
- ♥ Personal growth
- ♥ Community connection
- ♥ Encouragement and accountability
- ♥ A safe place to be heard



Hope grows when we grow together.

Raising Hope Peer Council believes that everyone deserves support, connection, and the opportunity to grow. Through peer support and individualized goal setting, participants can develop the tools, confidence, and community needed to move forward.

SCAN TO FOLLOW US ON FACEBOOK



**Building Purpose.
Choosing Hope.**

Support • Connection
Growth • Recovery

♥ RAISING HOPE PEER COUNCIL ♥

A welcoming place for support, growth, connection, and hope.

HEALTHY DENT COUNTY



Girls NIGHT OUT

Salem Community Center @ the Armory
\$5 Pay at the Door



THURSDAY, SEPTEMBER 10TH, 2026

SHOPPING • DRINKS • FOOD • PRIZES • FUN



SALEM WITCHES' WALK
HEALTHY DENT COUNTY

SPONSORED BY
THE SALEM LICENSE OFFICE

SATURDAY, OCTOBER 31ST
9 A.M.

TIGER TRAIL
1601 DOSS RD, SALEM, MO

Healthy Dent County's Casino Night Presented by: **AMERICAN FAMILY INSURANCE**

Jonah Schafer, Agent
(573) 728-5165

Hawaiian Luau
CASINO NIGHT

Saturday, November 7th, 2026

Salem Community Center @ the Armory



100 MILES, 100 DAYS EAST CENTRAL MISSOURI

June 16 - September 24

THIS SUMMER'S OPTIONAL ACTIVITIES

- **Get active, stay safe, and earn prizes!**
 - Move in ways you enjoy while building healthy habits and connecting with your community. Walk, run, dance, bike, hike, or choose any activity —every mile counts toward your 100-mile goal.
- **Track your miles for a chance to win!**
 - 60-79 miles: Cooling gear or premium socks
 - 80-99 miles: Bluetooth earbuds
 - 100+ miles: Premium insulated water bottle
 - 120+ miles: Bonus entry for bigger prizes like a mini massager or cooler bag
- **Set your goal, track your progress, and join the challenge!**



Local Community Walks

Join a local MU Extension walking event.



100 Miles Challenge

Log your movement and join the contest.



Walk With Ease Programs

Register for a physical activity program.

REGISTER TODAY!



**100 MILES
100 DAYS**

**JOIN THE
CHALLENGE!**

HEALTHY DENT COUNTY FITNESS CENTER

July 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5	6 8:30 a.m. Sweet & Low 10:00 a.m. In Motion 5:30 p.m. Bungee Fitness 5:30 p.m. Interval Training 6:30 p.m. Jump & Jive	7 10:00 a.m. In Motion 4:30 p.m. LIIT 5:30 p.m. Kickboxing	8 8:30 a.m. Sweet & Low 6:30 p.m. Mixed Martial Arts	9 10:00 a.m. In Motion 5:30 p.m. Tigheten & Tone 6:30 p.m. Jump & Jive	10 8:30 a.m. Sweet & Low 5:30 p.m. Tai Chi	11 8:30 a.m. Sweet & Low 5:30 p.m. Tai Chi
12	13 8:30 a.m. Sweet & Low 10:00 a.m. In Motion 10:00 a.m. Bungee Fitness 5:30 p.m. Interval Training 6:30 p.m. Jump & Jive	14 10:00 a.m. In Motion 4:30 p.m. LIIT 5:30 p.m. Kickboxing	15 8:30 a.m. Sweet & Low 10:00 a.m. Yoga 6:30 p.m. Mixed Martial Arts	16 10:00 a.m. In Motion 5:30 p.m. Tigheten & Tone 6:30 p.m. Jump & Jive	17 8:30 a.m. Sweet & Low 5:30 p.m. Tai Chi	18 8:30 a.m. Sweet & Low 5:30 p.m. Tai Chi
19	20 8:30 a.m. Sweet & Low 10:00 a.m. In Motion 5:30 p.m. Bungee Fitness 5:30 p.m. Interval Training 6:30 p.m. Jump & Jive	21 10:00 a.m. In Motion 4:30 p.m. LIIT 5:30 p.m. Kickboxing	22 8:30 a.m. Sweet & Low 10:00 a.m. Yoga 6:30 p.m. Mixed Martial Arts	23 10:00 a.m. In Motion 5:30 p.m. Tigheten & Tone 6:30 p.m. Jump & Jive	24 8:30 a.m. Sweet & Low 5:30 p.m. Tai Chi	25 8:30 a.m. Sweet & Low 5:30 p.m. Tai Chi
26	27 8:30 a.m. Sweet & Low 10:00 a.m. In Motion 5:30 p.m. Bungee Fitness 5:30 p.m. Interval Training 6:30 p.m. Jump & Jive	28 10:00 a.m. In Motion 4:30 p.m. LIIT 5:30 p.m. Kickboxing	29 8:30 a.m. Sweet & Low 10:00 a.m. Yoga 6:30 p.m. Mixed Martial Arts	30 10:00 a.m. In Motion 5:30 p.m. Tigheten & Tone 6:30 p.m. Jump & Jive	31 8:30 a.m. Sweet & Low 5:30 p.m. Tai Chi	

**4TH OF
July**

HEALTHY DENT COUNTY

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!

*Payment and registration required to attend Bungee Fitness

Scan the QR code to sign up online.



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 (45minutes)

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

MMA Basics

Wed. – 6:30 pm (60 minutes)

A high-energy workout combining striking, grappling, conditioning, movement, and self-defense to build strength, coordination, endurance, and real-world skills at any fitness level.

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.

*Bungee Fitness

Mon. – 5:30 pm , Wed. 4:30 pm (45minutes)

Intro to Bungee Fitness is a fun, low-impact workout using a harness and bungee cords for jumping, strength, and cardio exercises

SALEM COMMUNITY CENTER @ THE ARMORY

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

Membership Spotlight

Weston Tackett

Weston has been part of the HDC family for just over a year, and in that time, he's made serious progress, not just in strength, but in confidence and mindset.

His Fitness Journey

Weston first got started in fitness through football, and that athletic background still shows in the way he trains today. While he originally worked out just wanting to look good, his focus has shifted to something more meaningful, getting stronger and improving performance.

His favorite way to train? Weights. Why? Because lifting makes him feel strong, and that strength has translated far beyond the gym floor. One accomplishment he's especially proud of: Two plates on the chest press. That's a milestone that takes discipline and consistency.

Motivation & Mindset

When asked what keeps him showing up, even on tough days, Weston kept it simple: That clarity of purpose is powerful. Fitness has significantly boosted his confidence, and it shows. His advice for anyone just getting started: Growth requires fuel, and Weston understands that strength is built both in the gym and in the kitchen.

Lifestyle & Wellness

Weston keeps his nutrition practical:

- Focus on protein foods that taste good
- Post-workout go-to: protein shake and dinner

Outside the gym, he stays active with football and riding four-wheelers, always keeping movement part of his lifestyle.

Community

When asked how HDC has influenced him, he said: That's what it's all about, progress, growth, and showing up consistently. We're proud of the work Weston has put in over the past year. His strength gains are impressive, but even more impressive is his steady commitment to improving.

Keep pushing, Weston. The best is still ahead!

-Susie Wood, Fitness Center Director





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





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)