

Salem Community Center @ the Armory Newsletter

June 2020

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

COVID-19 ANNOUNCEMENT

In order for the Fitness Center to remain open we must adhere to the following guidelines:

- Members only in work-out rooms (absolutely NO children).
- A maximum of 10 members in each work-out room (cardio room/weight room) at a time.
- Must maintain 6-foot distance between people.
- Must wipe equipment prior to and immediately after use.

Thank you for your help in keeping our community safe!

2020

Alice Lou Craig Municipal Swimming Pool



Open May 23rd

HOURS

Daily Hours 12pm-6pm

Sunday Hours 1pm-6pm

Children \$4

Adults \$5

Senior (62 up) \$4

PASS

Family Season Pass

(4 persons each additional \$45)

\$160

Individual

\$75

PARTIES

Private (shared options)

1 hour—\$150

1.5 hour—\$200

2 hour—\$250

Regular Hours \$75

(includes pavilion rental and 10 admissions)

AEROBICS

Monday—Friday

11am-12pm

Daily \$4

Monthly Pass \$50

(minimum number required for class)

LESSONS

\$45 per person

Session 1: June 8th -19th*

Session 2: July 6th—17th*

Session 3: July 27th- August 7th

Morning Session

Level 1&3—9am-9:30a.m

Level 2&4—9:45am- 10:15am

Level 5&6—10:15am-11:00am

Evening Session

Level 1&3- 6pm-6:30pm

Level 2&4- 6:30pm-7:00pm

Level 5&6- 7:00pm-7:30pm

WATER BABIES (parent child class for ages 3months -3 years) June 8th-19th 6pm-6:30pm

For questions, please call 573-729-6290 or 573-247-6031



The Salem Area Community Betterment Association

Farmers' Market 2020

200 A South Main, Salem, MO.

Information: 573-729-8163 or 573-247-1218

Market will be open:

Each Saturday & Tuesday

7:30 A.M. – 12:00 noon

*Due to the Coronavirus Guidelines
the Farmers' Market will adhere to social distancing,
one-way aisles, etc.*



MEMBER SPOTLIGHT: JORDAN FRIZZELL



Meet Jordan Frizzell. He's possibly the most motivated member our fitness center has. If he isn't at school or his job at Country Mart, he's at the gym. Jordan is an upcoming 2020 graduate of Salem High School and will soon be heading to college at College of the Ozarks in Hollister, MO. He plans to major in Physical Therapy. He's very dedicated to his workouts as well as helping other's build a foundational structure to get started. He may only be 18 years old, but it's not uncommon to see him delivering a good, agonizing workout to a group of guys more than twice his age.

Jordan initially became interested in fitness at the age of 13 as he watched the WWE and saw guys with "amazing physiques and wanted to look like them". He didn't like the way he looked at the time so he began learning as much as he could about strength training. He began by working out with his dad, who is also very active in fitness and searched online. Jordan likes to watch Athlean-X on YouTube for ideas. He says "He has video's for everything".

Jordan dedicates 5-6 days per week to his workouts for 3 to 4 hours each session. He includes 15 minutes of cardio 3 times each week. Strength and abdominal training are included daily. He prefers strength training over cardio because of the visible results that come from it and in Jordan's words, "Cardio makes you feel like you're gonna die".

Jordan says that fitness has increased his confidence, helped him set goals, increased motivation as well as improved his physical and mental health. He feels better and has more energy. He plans to always keep exercise a priority because there's nothing in the world that makes him feel like it does. Staying motivated is easy for Jordan because he "craves working out like someone craves food". He enjoys giving fitness advice to others as well.

Jordan says "He's in it to win it" and I believe him! We wish him all the best with his future endeavors. He is really going to be missed around here. Jordan always has a smile on his face and something positive to say to everyone. His future looks bright. Best of luck and Congratulations, Jordan!

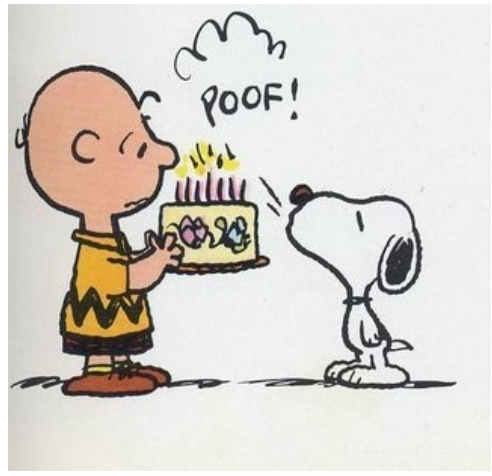


Follow us on Facebook under Healthy Dent County Fitness Center to stay up to date.

FITNESS CENTER

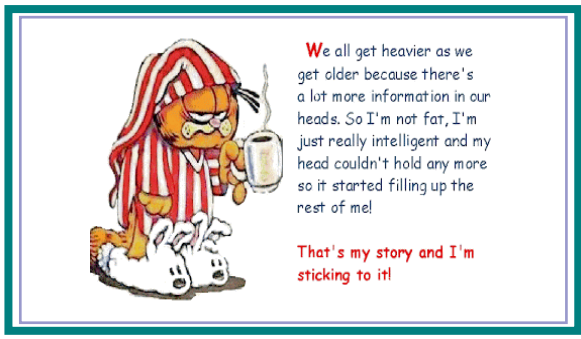
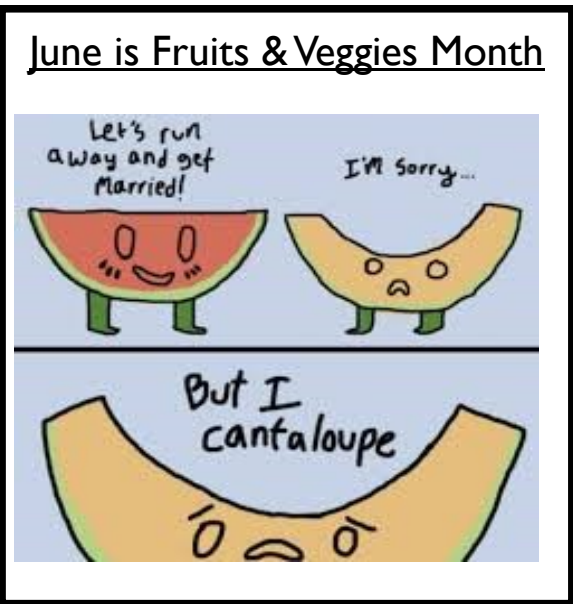


Wishing a Happy Birthday



**to all Fitness Center members
with a June 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



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.

CELEBRATE

**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



Salem Community Center
@the Armory

Salem Community Center @ the Armory

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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!

SMDH Golf Tournament

The 2020 Foundation Golf Tournament will be held on Friday, June 5. For more information please contact the hospital at 729-6626.