



New Year, Stronger You!

Welcome to a brand-new year! January is all about fresh starts, positive habits, and finding ways to move, fuel, and care for your body. Remember, taking care of your body is not just about workouts, it is about supporting your mind and connections, too. True wellness comes from balance. Our mind needs care just as much as your muscles! Read a book or listen to an audiobook, try journaling to reflect and reduce stress, join a yoga or try the sauna to reset and recharge. Even a few quiet minutes each day can make a big difference.

Connection keeps us motivated and supported. Smile, say hello, and build positive connections. Strong social ties can boost mood, accountability, and overall happiness.

Whether you are continuing your Wellness journey or just getting started, we are excited to support you every step of the way. Welcome to the Salem Community Center and to feeling better in 2026!

New Year Membership Options

Kick off 2026 with memberships designed for every age and fitness level! Most classes included with Annual, EFT, Corporate and Insurance Memberships.

- **Annual and EFT Memberships**– Pay in full or with a monthly withdrawal
- **Monthly Memberships** – Join one-month at a time, \$58/month
- **Insurance Based Memberships** – Check eligibility at the front desk with your insurance card
- **Corporate Partner Memberships** – Discounted rates available check and see if your company participates
- **Day Pass Memberships** – Come for a day with family and friends, \$10

Senior Membership Sale! All seniors, age 60 and older are eligible to receive 15% off their annual membership during the month of January! Individual memberships starting at \$485 per year!

Stop by the front desk or visit our website to learn which option fits your goals best!

NEW for 2026 - SCC Rewards Program

Check In and Win with the New Wellness Incentive Program at SCC!

We are excited to launch our new **Check-In and Earn** incentive program designed to reward your consistency and commitment!

How it works:

- Check in at the front desk each day you visit
- Earn 1 point for every daily check-in
- Points add up toward exciting prizes

Prize Milestones:

- First goal: 100 points/check-ins
- Second goal: 225 points/check-ins
- Ultimate goal: 350 points/check-ins

Bonus: Be on the lookout for **Double Point Days**, when your check-in earns you even more!

The more you show up, the more you earn. Start checking in today and let every visit bring you closer to rewards and better health!

New Wellness Programs

We are excited to launch new wellness-focused offerings this year:

- **Group Personal Training** – Stretching, mobility, and strength! This Program is suited to anyone who wants to take control of his or her health. In 16 weeks, you will gain an understanding of exercise selection and proper form, macro-nutrition, mobility and balance, and the importance of recovery. Join SCC Personal Trainer Chris Minamyers on Sunday afternoons, January 18 - May 3, 2026!
- **Fit Kids Running** – Starting late January 2026!
- **Tai Chi** – Stress management and balance! Tai Chi is for both beginners and those wishing to continue their practice. Work at your own pace while belonging to the larger Tai Chi community! Starting Mid-January!
- **Aerobic Class Changes**
- **Wellness Check-Ins:**
 - Blood Pressure checks - Wednesday's 8:30-9:45 am; Free provided by TriCare Nursing Agency

- Body Fat % check – By appointment with Leslie or Tadd \$5 for the month of January

These programs are designed to support both physical and mental well-being. Stop at the SCC front desk for more details!

January Workout Spotlight

Schedule: 2-3 days per week

Workout length: 30–50 minutes | 2-3x 10 | 30 second rest between sets

Goal: Build strength, improve fitness, and feel energized

Warm up 5-10 minutes, focus on form, and stop if anything hurts.

- Squats
- Leg Press
- Seated or Bent Over Rows (dumbbells or machine)
- Triceps Extension
- Lunges
- Chest Press
- Shoulder Press
- Plank – 3x20-30 sec

Tip: Focus on good form and steady breathing.

Recipe of the Month: Veggie Egg Muffins

Makes: 6–8 muffins | Great for: Meal prep, grab-and-go breakfasts

Ingredients

- 6 large eggs
- ¼ cup milk or dairy-free alternative
- ½ cup chopped bell peppers
- ¼ cup chopped spinach or kale
- ¼ cup diced onion
- ¼ cup shredded cheese (optional)
- Salt and pepper to taste
- Cooking spray or olive oil

Instructions

1. Preheat oven to 375°F (190°C).
2. Lightly grease a muffin tin.
3. Whisk eggs and milk in a bowl.
4. Stir in vegetables, cheese (if using), salt, and pepper.
5. Pour mixture evenly into muffin cups.
6. Bake for 18–22 minutes, until eggs are set.
7. Let cool slightly and enjoy!

Why it is Great

- High in protein for muscle support
- Easy to customize with favorite veggies
- Perfect for on-the-go mornings

Serving Tip: Pair with whole-grain toast or fruit for a balanced meal.

Stay Connected

Remember, progress is not about perfection, it is about showing up. You do not need to change everything at once. One workout, one healthy choice, and one positive habit at a time can lead to big results over the year.

Make sure to follow us on social media and visit our website, salemcommunitycenter.com for more exciting updates.

Thank you for being part of the Salem Community Center! Let's make 2026 active, healthy, and fun together!