



# SEDALIA

Let's Cross Paths

## January 2026

MONTHLY NEWSLETTER FOR THE CITY OF SEDALIA

**It's a new year and time for a healthier you!**

Looking to shed those extra holiday pounds or simply adopt a healthier, more active lifestyle? The Heckart Community Center is here to help you reach your goals. With access to a gymnasium, indoor walking track, fitness center, and indoor pool, you'll have everything you need to get moving. As Mark Twain once said, "The secret of getting ahead is getting started." There's no better time to start than now!

The Heckart Community Center's fitness center offers a wide variety of amenities and programs to meet your needs. Personal training options are available, including semi-private sessions for groups of 2, 3, 4, 5, or even 6 people – perfect for working out with friends. A variety of group fitness classes are also offered, such as Zumba, Indoor Cycling, Move & Groove Dance Fitness, Yoga and more.

For older adults, the Silver Sneakers Classic Light class is available. This low-impact class is designed especially for individuals with arthritis or joint concerns, making it ideal for seniors looking to build strength, improve mobility, and stay active in a safe environment. In addition, members are welcome to use the full range of weight-training equipment available in the fitness center.

Another exciting offering at the Heckart Community Center is the Couch to 5K program. This program is designed to help participants progress from little or no activity to walking, jogging, or running a full 5K (3.1 miles) in just nine weeks. Training begins January 12 and concludes March 7 with the Shamrock Shuffle 5K at Centennial Park.

Membership options are flexible and affordable, with daily, monthly, and yearly rates available. Discounted youth, senior, and family memberships are also offered. To make your workouts even more convenient, the Heckart Community Center provides a Child Watch program for children ages 6 months to 12 years, offering a fun and stimulating environment while parents enjoy their workout.

As Muhammad Ali famously said, "I hated every minute of training, but I said, 'Don't quit. Suffer now and live the rest of your life as a champion.'" Take the first step toward a healthier you – join the Heckart Community Center today!

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**VISION STATEMENT**

Dynamic life and  
Comfortable living in  
Greater Missouri

**MISSION**

The City of Sedalia is committed to meeting the needs of our community through professional leadership and operational excellence.

We deliver efficient, quality municipal services, create opportunities for growth and protect the quality of life that makes our community a desirable place to live.



# SEDALIA PARKS & RECREATION

## JANUARY 2025 EVENTS

January 1-March 22	Early Registration - Summer Adult Softball
January 1-March 1	Early Registration - Spring Adult Volleyball
January 1	Registration Deadline - Cardboard Boat Race
January 2	Registration Deadline - Puzzle Palooza
January 3	Cardboard Boat Race - HCC - Aquatics Area
January 7	Registration Deadline - Community Couch to 5K
January 9	Puzzle Palooza at HCC
January 10	Esports - Fortnite Tournament
January 15	Registration Deadline - Session 2 - Indoor Group Swim Lessons
January 24-February 14	Session 2 - Indoor Group Swim Lessons starts
January 24	Esports - Super Smash Bros Tournament
February 1	Registration Deadline - Biddy Basketball
February 1	Registration Deadline - Little Hoopsters
February 1-22	Early Registration - Youth Baseball
February 1-August 2	Early Registration - Fall Adult Softball



**TO REGISTER**  
**ONLINE: WWW.SEDALIAPARKS.COM.**  
**IN PERSON: HECKART COMMUNITY CENTER**  
**AT 1800 W. 3RD ST**  
**OVER THE PHONE: 660-826-4930**

## CONGRATULATIONS TO OUR CHRISTMAS LIGHT WINNERS!



First Place Winner – Katie Sanchez



Second Place Winner – Kyrill Spotten



Third Place Winner – James Stromblad

### City of Sedalia to observe Martin Luther King, Jr. Day

The City of Sedalia will be closed on Monday, January 19, 2026 in observance of Martin Luther King, Jr. Day.

**Weekly trash pickup for the week of January 19, 2026 will follow the normal collection schedule. The Materials Management Site at 27882 Highway "U" will be closed on Monday, January 19, 2026.** City offices including the Materials Management Site will re-open for normal business hours on Tuesday, January 20, 2026.

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Let's Cross Paths  
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