



MONTHLY NEWSLETTER FOR THE CITY OF SEDALIA

SEDALIA

Let's Cross Paths

January 2023

It's a new year and time for a healthier you! Wanting to lose those extra holiday pounds or just adopt a healthier lifestyle by becoming more active? Join the Heckart Community Center and you will have a gymnasium, indoor walking track, fitness center, and indoor pool available to help you accomplish that goal. Mark Twain said, "The secret of getting ahead is getting started." There's no better time to get started than right now!

The fitness center has many amenities. One such option is for a personal trainer. Wanting to get your friends involved in your workouts? The fitness center has options for semi-private personal trainers for 2, 3, 4, 5 or 6 people. There are also several group fitness classes from Zumba, Pound Fitness (exercise featuring weighted drum sticks), Get Fit Aerobics, and Yoga. There is even an option for senior citizens called Silver Sneakers Classic Light. This class is geared for those with arthritis, as it has less pressure on the joints. This low-impact exercise is perfect for older adults to build strength and stay active. You can also use any of the weight training equipment that is available.

New in 2023 to the Heckart Community Center is a Couch to 5K program. This program is designed to take anyone from the couch to walking, jogging or running a 5 kilometers (3.1 miles) race in just 9 weeks. Training will begin on January 8th and end on March 11th with the Shamrock Shuffle 5K that will be held at Centennial Park.

Membership can be paid daily, monthly, or yearly. The Heckart Center also offers youth/senior and family rates. Another useful amenity is the Child Watch program. You can bring your children ages 6 months to 12 years and they can enjoy a stimulating environment to explore and interact with other children as you enjoy the many benefits the Heckart Community Center has to offer!

The great Muhammad Ali 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.'"

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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.



Membership & Daily Fees

Membership Type	Daily Fee	Monthly Fee	Annual Fee
Youth (18 and Under)	\$5	\$20	\$200
Senior (60+)	\$5	\$20	\$200
Adult (19+)	\$7	\$25	\$250
Family (Max. 5)	\$25	\$55	\$550

Walking Track is free for all! No membership required.

Additional youth(s) may be added to a family membership at a monthly rate of \$10 per month per child or an annual rate of \$100 per year per child living in the same household.

What is included?

* Access to Pool

* Open Gym

* Fitness Equipment

* Additional programs, classes, and some fitness classes

*Class schedules can be found online or at the Heckart Community Center Front Desk!

COUCH TO 5K TRAINING PROGRAM

New in 2023! Couch to 5K (C25K for short) is a fantastic program designed to take just about anyone from the couch to walking, jogging, or running 5 kilometers (3.1 miles) in just 9 weeks. Training starts the week of January 8th and ends on March 11 with the Shamrock Shuffle 5K to be held at Centennial Park. Watch our Facebook page for more program details! Questions? Please contact Jaymi Wells, Fitness & Wellness Recreation Supervisor at jwells@sedaliaparks.com.



INDOOR GROUP SWIM LESSONS

Get a head start on your summer swimming with Swim Lessons! Lessons are held on Saturdays at the Heckart Community Center. \$40 per session. Register by January 13. Next session will be held January 21-February 25.
Levels 1 thru 5: 8:30am or 9:30am
Water Babies and Pre-School Levels: 9am or 9:30am

LITTLE KICKERS SOCCER

Kids will work on their soccer skills with guidance from Amanda Blackburn and staff. This program is held at Convention Hall on Saturdays, February 12-March 5. Register by January 28th. \$25 per player.
Ages 5 - Kindergarten: 9am
Grades 1st thru 3rd: 10am



CONGRATULATIONS TO OUR CHRISTMAS LIGHT WINNERS!



First Place Winners – Michael & Patty Burdick

Second Place Winners – Brandon Hammond & Steve Borun



Third Place Winner – Ryan Welch



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Let's Cross Paths
200 S. Osage Avenue
Sedalia, Missouri 65301
www.cityofsedalia.com

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

The City of Sedalia will be closed on Monday, January 16, 2023 in observance of Martin Luther King, Jr. Day.

Weekly trash pickup for the week of January 16, 2023 will follow the normal collection schedule. The Materials Management Site at 27882 Highway "U" will be closed on Monday, January 16, 2023. City offices including the Materials Management Site will re-open for normal business hours on Tuesday, January 17, 2023.