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ALZHEIMER'S SUPPORT GROUP

Meets the 2nd Thursday of each month at 12pm in the Y Community Room



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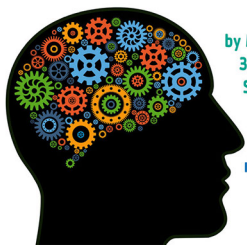
Health Farm Business



Auto Home Life

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03.jpg



MEMORY SCREENING
by Missouri Delta Medical Center
3rd Wednesday of each month.
Sign up at the Welcome Center for appointment times.

Inquire at the Welcome Center



04.jpg



BIRTHDAY PARTIES



Looking for somewhere to have a birthday party? Use the YMCA Aquatics Center. Each two hour party includes 1.5 hours of swim time for up to 25 swimmers and 30 minutes in the Party Room.
Members: \$175.00
Non-Members: \$200.00

05.jpg

the Y

AM ENERGY

High-intensity cardio & core exercises to start your day with a burst of energy.

Mon & Wed 5:30-6:15am in the Gym



06.jpg

BARBELLS BOMBSHELLS

This class is for females and designed to help increase muscular strength and endurance. Class includes a short devotion at the end.

Mondays and Tuesdays at 6:15pm
and Saturdays at 9:00am
in the Multi-Purpose Room.



07.jpg



BARRE CLASS

Incorporates elements of pilates, dance, yoga, and functional training, all choreographed to motivating music.


Mon & Wed at 5:45 am
Tues at 5 pm



08.jpg

BEGINNER YOGA

Wednesdays at 6pm
in the Aerobics room

09.jpg



We Know What's At Steak!

Sun-Thurs: 10:30am-10pm
Fri-Sat: 10:30am-11pm

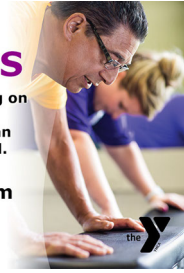


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CIRCUIT CLASS

Class consists of stations focusing on different exercises to work the entire body! Pace and intensity can be modified for every fitness level.

Thursdays at 6:15pm-7pm
in the aerobics room



11.jpg

DID YOU KNOW?

23.2% of adults meet both the aerobic and muscle-strengthening Physical Activity Guidelines.¹

<5% of adults exercise for 30 minutes a day.²

82.1M Americans are not active.³

1. Exercise or Physical Activity. Centers for Disease Control and Prevention, 2018.
2. Trends in Physical Activity. U.S. Department of Health and Human Services, 2018.
3. 2019 Physical Activity Council's Overview Report on U.S. Participation. Physical Activity Council, 2019.

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13.jpg

EXERCISE MAY HELP YOU*:

- Lower your chance of getting some diseases or disabilities, like heart disease and diabetes
- Keep your bones strong and build strength to help you stay independent
- Reduce the chances of falling and improve your mood and help reduce depression
- Boost your energy levels so you can do the things you want to do

*Physical Activity Guidelines for Americans. U.S. Department of Health and Human Services, 2018.

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14.jpg

Exercise and Physical Activity

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16.jpg

the Group Cycle

M/W/F
5:00-6:00am



LIFESTYLE TIPS FOR STAYING ACTIVE

- Move your body
- Move around at least 30 minutes a day. This could include walking, swimming, dancing, gardening or cleaning.
- Get up
- Try not to stay seated for long periods of time.
- Find a buddy
- A walking or fitness buddy can help you stay on track.
- Set goals
- Write down a personal fitness goal and keep it in a place that you will see it often.
- Take care of yourself
- When exercising, remember to warm up and cool down, and drink plenty of water. Also, be sure to wear the right kind of shoes that fit you properly.

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If you notice one of our monitors not working or would like to see Your AD Here please.

Call Us
815-872-5040

19.jpg

AUGUST 5-8, 2026
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AUGUST 5-8, 2026

SIRESTON JAYCEE BOOTHEEL RODEO

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MOBILITY & MOTION CLASS

Mondays 4:30-5pm
Thursdays 4:30-5pm
in the aerobics room

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PACE

Arthritis Exercise Class in partnership with Scott Co Health Department

Mondays & Wednesdays 10 am
Instructor: Brenda Freed

Class open to Y members and general public at no charge

22.jpg

the Y Personal Training

Personal Training can benefit all fitness levels!
Available in 4-session & 8-session packages.

23.jpg

the Y ADULT PICKLEBALL!

M / W / F 9am-12 pm
Thur: 7-9 pm
Paddle/Racquet sport played by 2-4 people
Open to Adult Y Members

24.jpg

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PILATES

Tuesdays and Thursdays
at 10am in the Aerobics Room

26.jpg

PERSONAL FINANCIAL GUIDANCE

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Branch Manager | Financial Advisor

RAYMOND JAMES
741 N. MAIN ST. | SIRESTON, MO 63801
573.471.0800

Securities offered through Raymond James Financial Services, Inc. member FINRA/SIPC.
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27.jpg



POWER WAVES
Mon, Wed, Fri at 7am
Tues and Thurs at 10am-11am
 Aquatic workout class incorporating interval training to improve muscular endurance, strength, and flexibility.

28.jpg



PRIVATE/SEMI-PRIVATE SWIM LESSONS
 Sessions are based on instructor and participant's schedules. Contact Aquatics Coordinator, Shae Clinton.

AQUATICS

29.jpg



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 See what's happening at your
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 Area Economic Development Corp.
www.sikeston.net

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Steps of Faith
Monday and Thursday
5-6pm
In Aerobics Room



32.jpg

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STRETCH IT!
Mon / Wed / Fri
9:00am - 10:00am
In Multi Purpose Room



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VOLUNTEER

Interested in giving back to your neighbors?

Contact Brandy Johnson
bjohnson@ymcasemo.net for info on volunteer opportunities at your Y.



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Water Exercise
 Classes meet Mon/Wed/Fri
 @ 8 am, 9 am, or 10 am
 Class will benefit those with arthritis and other joint & mobility issues

36.jpg



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Website

Visit the YMCA Web Site
www.ymcasemo.net



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BE A PART OF SOMETHING GREAT

YMCA Membership
See Front Desk



39.jpg

WHY IS EXERCISE IMPORTANT?

Regular exercise can help older adults stay independent and prevent many health problems that come with age.¹ But, studies show physical activity goes down with age in people over 65.² Being active is one of the most important things you can do for your health.



1. "Exercise Programs That Promote Senior Fitness," National Council on Aging, 2009
2. "Older Adults Live 716: Key Indicators of Well-Being," Federal Interagency Forum on Aging-Related Statistics, 2008

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Brandy Johnson: bjohnson@ymcasemo.net

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Y PUMP

**Tues/Thurs:
5:45-6:30am**



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43.jpg



Yoga Foundations
Mondays at 6pm



44.jpg

STRONG & STEADY

Balance • Core • Strength



Tues/Thurs: 5:15-6:00pm
Multipurpose Room 

45.jpg



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WORSHIP SUNDAY 10:40AM

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46.jpg



the **Y**

YOGA

Designed to bring together the mind and body through breathing/physical exercises and meditation.

Tues and Thurs at 8am (Intermediate)
& Wed at 8am (Beginner) in Aerobics Room.

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SPRING SOCCER

SAVE THE DATE!

Registration:
Coming in February

Practices:
Will begin in March

the **Y**

48.jpg



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Visual Solutions

Together we will grow your business!

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