



01.jpg



02.jpg



03.jpg



04.jpg



05.jpg



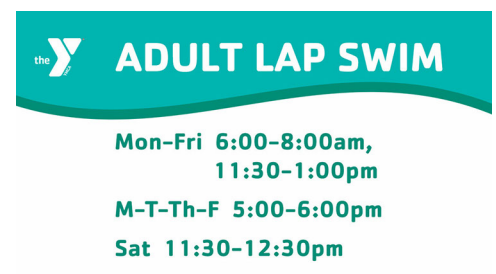
06.jpg



07.jpg



08.jpg



09.jpg

Aquacise the Y

M-F 9:15-10:00 am

10.jpg

Kathleen Weaver, MD Fellow of the American College of Surgeons
582-0444 626 E Summit St, Ste B, Mexico MO

offering **bio-identical hormone therapy**

testosterone - estrogen - thyroid
 hormone optimization for health and performance

biotemedical.com

11.jpg

Arthricise

M-W-F 8:15 - 9:00 am

If you have arthritis and don't think you can exercise then this is the class for you!

Bring your swim suit & towel and join us in the pool.

12.jpg

Back to Basics

Combination of low-impact aerobics & strength conditioning using weights & bands

4:30-5:15 pm
Monday & Wednesday
 in Studio #2

Instructor:
 Dedra Heath

13.jpg

BASKETBALL & SOCCER REFEREES

If you are interested in becoming a Youth Basketball or Youth Soccer referee please contact Caleb at the YMCA.

14.jpg

RE/MAX
 On The Move

Betty Jo Sydenstricker
 Broker/Owner
 573-473-4611
 573-581-8282
 123 W. Monroe Mexico, MO
 www.bettyjsold.com

15.jpg

CHAIR ONLY
 with Dedra

Mon & Wed
11:15 - 12:00
 in the Basketball Gym

16.jpg

CHILD WATCH ROOM

the Y **Ages 6 weeks to 5 years old**

Mon - Fri 9:00 - 11:00 am
Mon - Thur 4:00 - 7:00 pm

All children must be signed in by a parent/guardian

17.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.

THANK YOU to our supporter UnitedHealthcare

18.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

THANK YOU to our supporter 



19.jpg

FORM, FUNCTION, & FITNESS

Something different every class!

**Mon • Wed • Fri
5:15 am**



20.jpg

Mexico Senior Center

Friendship at the center



21.jpg

the Y Gentle Yoga with Julie Huffman

**Wednesday mornings
7:30 - 8:30**



22.jpg

Ashley Kendrick
Real Estate Broker/Owner
573-473-8105

Simply Real Estate, LLC
573-567-5500



23.jpg

MEXICO AREA FAMILY YMCA
FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GOLF SIMULATOR
OPEN TO MEMBERS!

WORK ON YOUR SWING ALL YEAR ROUND!



Made Possible By:
The Edmonston Foundation
Shamberland Furniture
The Bulldog Golf Classic

24.jpg

the Y KEYS

After School Care for Kind. - 5th graders
We transport them from school to the Y
3:00 - 5:30pm



25.jpg

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.

THANK YOU to our supporter 



26.jpg

BUGOUT
Pest Control & Lawn Care

Lawn Fertilization, Pest Control & Overseeding in Mid-Missouri

(573) 581-6002



27.jpg

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

Call Us
815-872-5040

Visual Solutions Visual Solutions Visual Solutions Visual Solutions Visual Solutions

28.jpg

MAKE A DIFFERENCE IN THE COMMUNITY
BECOME A YMCA SPONSOR TODAY!

Tier A
\$2,500 - Large in building dual purpose signage (3' x 6')
\$1,000 - Year round gym signage (2' x 4')
\$1,000 - Year round building signage (2' x 4')

Tier B
\$350 - Basketball program signage

Tier C
\$200 - T-Shirt sponsor for soccer program
\$100 - T-Shirt sponsor for basketball program

For More Information Contact Caleb Floyd: caleb.floyd@mexicoymca.org

29.jpg

Kirk Ekern
(573) 581-4111
1122 E Liberty, Mexico, MO

INSURANCE PRODUCTS OFFERED:
Auto, Homeowners, Condo, Renters, Personal Articles, Business, Life, Health & Pet

StateFarm

30.jpg

Pickleball the Y

Check out the fastest growing sport in America!

Open play
Mon - Fri 9am-Noon
Sunday Noon - 2 pm

All other times are first come, first serve
60 minute limit if people are waiting for a court
Kennan Center

31.jpg

Core & Restore the Y

Need a class to work on your core?

Check out
Tue & Thur
4:30 pm

32.jpg

PLAYGROUND BIRTHDAY
AT THE MEXICO AREA FAMILY YMCA

- 56.5 Hour Celebrating? Add the Y Cafe for \$40 for a 2 Hour Block!
- General Rules
 - Minimum age to rent is 18
 - Pick up playground key and return key to front desk
 - Up to 25 kids
 - Celebrating? Add Y Cafe for present/gifts refreshments
 - No food and drink allowed on playground
 - Availability of the playground limited to times when no other Mexico Area Family YMCA programs are occurring.
 - If weather prevents the party from happening the Mexico YMCA will work with you to reschedule or offer alternative.
- \$15/HOUR DISCOUNT FOR MEMBERS!

CALL 573-581-4111 AND SCHEDULE YOUR PLAYGROUND BIRTHDAY PARTY TODAY!

33.jpg

Dr. Edward G. Stephens, DDS

Call for an appointment
573-581-1054

Dentistry for all Ages!

34.jpg

POOL OPEN EXERCISE

Open Exercise time in the Pool
Tuesday & Thursday 10am - 11:30am

35.jpg

Mexico Senior Center

Pool Tournaments at the Center

Tuesday Mornings starting at 9:30am

36.jpg

POUND

ROCKOUT. WORKOUT.

Join the new cardio jam session using drumsticks.

Monday 5:30 pm



37.jpg



Todd M Geeson
Financial Advisor
3616 S Clark St
Mexico, MO 65265-4104
573-581-1570

Put the power of personal attention to work for you.

Member SIPC

Edward Jones
MAKING SENSE OF INVESTING

38.jpg



Have you tried our new fitness class Power?

This is a choreographed barbell class and is included with your membership so it is FREE!

39.jpg



POWER

Thur 7:30am Sat 8:00am

Early Morning Class Mon & Thur 5:00 am



GRAF'S RELOADING SUPERCENTER
Reloading Supplies • Firearms • Ammunition • Optics
Clothing • Bags & Books • Much more
4132 South Clark Street • Mexico
573-581-9777

**Low Impact
Aerobics/Strength**

**Mondays, Wednesdays
& Fridays
8:30 am - 9:15 am**



40.jpg

41.jpg

42.jpg

PREMIUM MEMBERSHIP

24 hour access to the Wellness Center for an additional \$5/month per person age 19 and older.

Sign up at the Front Desk



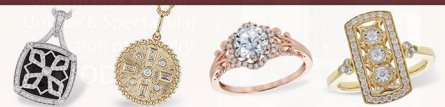
Step Aerobics

**Wednesday
8:00-8:45 AM
with Tiffani**



Melody's Quality Jewelry

Fine Crystal • Seiko • Bulova Watches • Class Rings



573-581-7725 • 103 South Washington Street • Mexico

43.jpg

44.jpg

45.jpg



NEW CLASS!

STEP UP & DANCE WITH BECKY

MONDAYS/WEDNESDAYS @ 5:30PM
In Classroom #3

Starting After Labor Day

A MIX OF STEP, DANCE, AND TARGETED TONING WITH DIFFERENT MUSIC THEMES/ROUTINES EACH WEEK.

FIND YOUR PASSION, FIND YOUR Y.
MEXICO AREA FAMILY YMCA



46.jpg

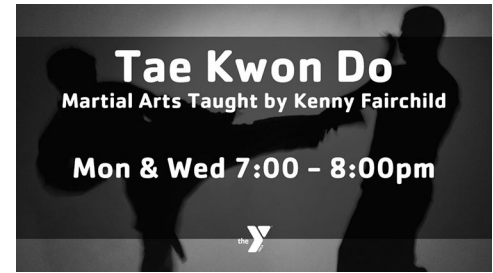


Stretch & Tone Class :
Mon / Wed / Fri
9:30 - 10:00 am
Tue & Thur
8:15 - 9:00 am

Exercises for abdominals, hips, legs and back for a full body stretching.




47.jpg



Tae Kwon Do
Martial Arts Taught by Kenny Fairchild

Mon & Wed 7:00 - 8:00pm



48.jpg



TRY THE NEW
Ultra Glow Powder Highlighter!



From your first blemish to your first fine line, taking good care of your skin pays off in a lifetime of beauty. No matter what your age, the time to care for your skin is now.

Book your personal skin assessment today - it's free!

120 West Jackson Street
Mexico
573-581-1576

49.jpg



TBT
Total Body Training
is focused on strength, cardio and agility.
Thursdays 5:30 pm
with Samantha



50.jpg

Mommens
Heating and Cooling


- Heating
- Cooling
- Heat Pump
- Geothermal
- Water Heaters

OPEN 24 HOURS

(573) 581-7970
www.mommenshvac.com



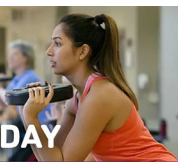
51.jpg



WEIGHT WEDNESDAY

Class is focused on full body strength training using various forms of weight including body weight.


Wednesdays 5:30 pm with Samantha




52.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 Prescriptions That Promote Older Adults' National Council on Aging, 2019
2. "Older Americans' 2016: Key Indicators of Well-Being." Federal Interagency Forum on Aging-Related Statistics, 2016

THANK YOU to our supporter 

53.jpg

Summer KEYS*/Day Camp
Registrations will open in April 2026




***KEEPING EVERY YOUTH SAFE**



54.jpg

YOGA CLASSES

Mon 4:30 - 5:15 pm

Wed 5:15 - 6:00 pm

Tue & Thur 5:30 - 6:15 am

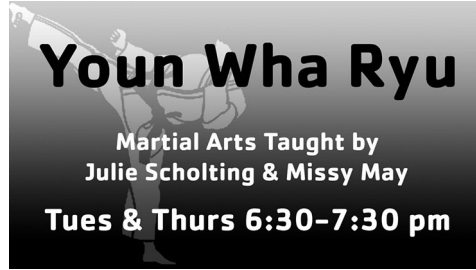


55.jpg

Youn Wha Ryu

Martial Arts Taught by
Julie Scholting & Missy May

Tues & Thurs 6:30-7:30 pm



56.jpg

Adaptive PE

PE classes designed for people with disabilities.

All abilities WELCOME!

10:00 - 11:00am on the 2nd and 4th Thursdays of each month



57.jpg

DREAM CHASER MOTORSPORTS

5449 BEAVER PIKE RD, BEAVER, OH

MOTORCYCLE SALES,
SERVICE PARTS & ACCESSORIES,
CUSTOM BUILDS,
RESTORATION & PERFORMANCE

(740) 226-8019



58.jpg

YOUTH CERTIFICATION CLASS



12 - 14 year olds must attend this class to use the Wellness Center.

Register at the front desk
Cost is \$25

59.jpg

From Fender Benders to Major Collisions:

We've Got You Covered

(740) 577-3636

10992 Chillicothe Pike, Jackson, OH



60.jpg

DEPARTMENT OF WORKFORCE DEVELOPMENT & TECHNICAL EDUCATION

MACC.EDU

Your Path to a Great Career!

Trainings geared to get people into the workforce with knowledge and expertise to put them on a path to a great career!

- Adult Education & Literacy
- Advanced Manufacturing Technology
- Aviation Flight Technology
- Business Administration
- Early Childhood Education
- Information Technology
- Mechatronics
- Veterinary Technology

MACC Mexico
2900 Dorell Lane
Mexico, MO 65265
573-582-0817
info@macc.edu



61.jpg

Thank you! FOR VOTING US - BEST BANK

HOME BANK

3817 MCMASTERS AVE • 573.248.2130 • MYHOMEBANK.BANK • 



62.jpg

Whiffle/T-Ball

Boys & Girls ages 3-6

Games played on:
Tuesdays & Thursdays
June 16, 18, 23, 25

Deadline is May 18th



63.jpg



64.jpg



65.jpg