

# Newsletter

January 2026



## Meet our Maintenance Director

Josh West has been employed with the Mason City Family YMCA for 20 years,

Josh resides in Mason City where he enjoys spending time with his 2 cats and family.

In his spare time, Josh enjoys going for walks and reading.

What aspects of the Mason City Family YMCA makes you proud to work here?

I like the staff I work with, members that utilize the Y and am proud of the impact the Mason City Family YMCA makes on the community

What is the best piece of advice you have ever received?

"No matter how tough one day is, tomorrow will be better"

### WELCOME NEW STAFF

Rylee Driscoll - Lifeguard

### HAPPY NEW YEAR

Happy New Year.  
Here's to celebrating  
yesterday's achievements  
and tomorrow's bright  
future.



## BENEFITS OF PRACTICING GRATITUDE

Practicing gratitude means being thankful and ready to show appreciation for and to return kindness. Gratitude can have a positive impact on your mental and physical health, as well as your overall well-being. By paying attention to, and expressing thanks for the good things in your life — you can gain and nurture a sense of satisfaction, contentment, fulfillment and humility.

In addition, being grateful can help build resilience. It offers a positive way to deal with stress by providing you a way to draw your focus away from the stressor and toward positivity.

Gratitude also is associated with many physical benefits, such as a strengthened immune system, and decreased risk of depression, anxiety and substance use.

How to practice gratitude:

Gratitude starts with awareness, noticing and reflecting on things you appreciate.

There is no right or wrong way to practice gratitude. It comes down to doing what feels the most genuine for you. Below are some suggestions for incorporating gratitude into your life.

- **Write** — Start a gratitude journal or list. Figure out what format and frequency of writing works best for you — notebook, phone, etc., and then regularly jot down people, experiences and items you're grateful for. Most importantly, find a routine that works best for you. This exercise will help train your focus to notice the positives in your life.
- **Strive** to find new things to add to your list each time. Maybe write down something that made you smile, a moment worth savoring, or an accomplishment. Over time, you'll likely get in the habit of noticing experiences, moments and items to add to your gratitude list. You also will have created a list to refer back to whenever you need a pick-me-up.
- **Savor** — Throughout the day, when you come across something that merits gratitude, take a moment to absorb the gratitude as it happens. Be fully present and notice the details, like the exact moment, the person, the taste, smell, colors, etc., that you're appreciating.
- **Express** — Share your gratitude with others. If someone does something kind, or you feel grateful, share it. Tell the person in the moment or send them a message. Or maybe pay the kindness forward to someone else, or channel it into volunteering and giving back to others and your community.

Try different ways of practicing gratitude to find what feels the most genuine to you. Gratitude is all about feeling heartfelt appreciation, and you're the only one who knows the best way to express that for yourself.

### Sources:

**HelpGuide. Cultivating happiness.**

[helpguide.org/articles/mental-health/cultivating-happiness.htm](https://www.helpguide.org/articles/mental-health/cultivating-happiness.htm). Accessed June 29, 2022.

**CDC. Practicing gratitude works.**

<https://www.cdc.gov/howrightnow/gratitude/> Accessed June 29, 2022

**National Alliance on Mental Illness. Cultivating an "Attitude of Gratitude."**  
[namidanecounty.org/blog/2020/4/14/how-to-start-a-gratitude-journal](https://namidanecounty.org/blog/2020/4/14/how-to-start-a-gratitude-journal).



## Getting Started on Your Wellness Journey

Staying active is one of the best things you can do for your health—but knowing where to begin can feel overwhelming. The good news? You don't have to do it alone. Wherever you're starting, the Y is here to support you every step of the way.

Start smart. If it's been a while since you've exercised or you have health concerns, a quick check-in with your health care provider can help you choose activities that feel safe and sustainable. Our personal trainers can also help tailor a plan just for you.

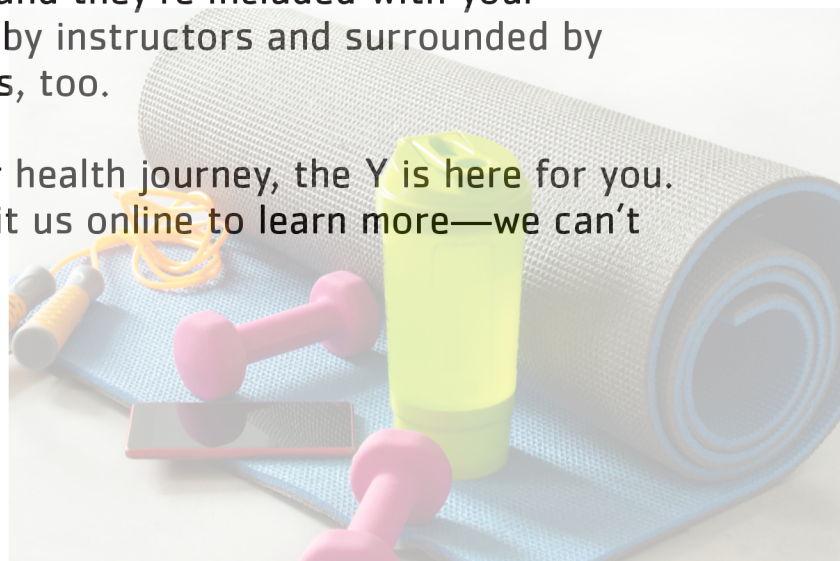
Build a routine that fits your life. Consistency matters more than intensity. Choose a time of day that works for your energy level and schedule—and stick with it. Small, regular habits add up to lifelong wellness.

Hydrate and fuel your body. Drinking water throughout the day helps your body perform and recover. Pair movement with balanced nutrition—carbohydrates for energy, protein for recovery, and healthy fats for sustained strength.

Rest is part of progress. Recovery days help your body repair and prevent burnout or injury. Giving yourself permission to rest is a key part of long-term success.

Find your people. Group exercise classes offer motivation, accountability, and connection—and they're included with your membership. You'll be supported by instructors and surrounded by others working toward their goals, too.

No matter where you are on your health journey, the Y is here for you. Stop by the Welcome Desk or visit us online to learn more—we can't wait to see you at the Y. ❤️







**175** YEAR  
ANNIVERSARY



# CONNECTING THROUGH CRAFTS

» January 8

» 4:30 PM

» Held in the Y  
Boardroom

» \$15 for Y Members  
\$20 for Non-members

» Limit of 20  
participants

» For ages 16+

We will craft  
this adorable  
snowman! All  
materials are  
included.



**MASON CITY FAMILY YMCA**

18405 Monroe Ave | 641-422-5999





# KIDS FANTASTIC FUN RUN SERIES



**ABOUT:** MONTHLY FANTASTIC FUN RUN SERIES FOR CHILDREN AGES  
3-10 YEARS

**COST:** \$5 PER SESSION OR PUNCH CARD FOR \$50 FOR 12 SESSIONS

**WHEN:** ALL SESSIONS WILL BE HELD 9:00AM - 10:00AM AT THE YMCA  
WITH THE EXCEPT OF JUNE, 2026

JANUARY 10th, 2026 SUPER HERO SPRINT

FEBRUARY 21th, 2026 HAVE A HEART RUN

MARCH 14th, 2026 LEAPING LEPRACHAUN RUN

APRIL 11th, 2026 BUNNY HOP RUN

MAY 9th, 2026 MOMMY AND ME RUN

JUNE 27th, 2026 CANNONBALL FUN RUN (AT EAST PARK AT 9:30 \$10 Fee)

JULY 11th, 2026 SPARKLER SPRINT

AUGUST 8th, 2026 END OF SUMMER RUN

SEPTEMBER 12th, 2026 BACK TO SCHOOL RUN

OCTOBER 10th, 2026 HAUNTED HALLOWEEN RUN

NOVEMBER 14th, 2026 TURKEY TROT

DECEMBER 12th, 2026 JINGLE JOG

**Call today  
to register**

**MASON CITY FAMILY YMCA**

**641-422-5999**

**INFO@MASONCITYYMCA.ORG**





# ▶ NEW YEAR ▶ NEW YOU!

▶ **NEW YEAR MEMBERSHIP SALE!** ◀

**DECEMBER 31 & JANUARY 2**

▶ **GET \$50 OFF** a renewal or new  
**ANNUAL MEMBERSHIP!**



▶ **NO JOIN FEE FOR NEW MEMBERSHIPS**

▶ **Great Christmas gifts! Especially for youth!**

- ▶ This discount cannot be combined with any other discount.
- ▶ This discount will not be available for online sign ups.

**Faith Herout, Membership Coordinator**



(641)450-0931



pherout@masoncityymca.org

**MASON CITY FAMILY YMCA**

**1840 S Monroe Ave**

## JANUARY LAP POOL SCHEDULE

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
5:00-7:30am	Open Lap Swim 6 Lanes	5:00-7:30am	Open Lap Swim 6 Lanes	5:00-7:30am	Open Lap Swim 6 Lanes	5:00-7:30am	Open Lap Swim 6 Lanes	5:00-7:30am	Open Lap Swim 6 Lanes
8:00-8:45am	Aqua toning (3) Mary Ann Ray	8:00am-10:00am Open Rec Swim 3 Lap Lanes	8:00-8:45am	Aqua toning (3) Mary Ann Ray	8:00am-10:00am Open Rec Swim 3 Lap Lanes	8:00am-10:00am Open Rec Swim 3 Lap Lanes	8:00-8:45am Adult Swim Lessons Wet-N-Wild (2) Bev McGowen	8:00-8:45am	Aqua toning (3) Mary Ann Ray
9:00-9:45am	Wet-N-Wild (3) Bev McGowen		9:00-9:45am	Wet-N-Wild (3) Bev McGowen					
9:45-10:30am	Wet-N-Wild (3) Bev McGowen		9:45-10:30am	Wet-N-Wild (3) Bev McGowen					
		10:00-11:00am	Gentle Beginnings (3) Matt Anderegg	10:00-11:00am	Gentle Beginnings (3) Matt Anderegg	10:00-11:00am	Gentle Beginnings (3) Matt Anderegg	10:30am	Bev McGowen
10:30am-2:00pm	Open Rec Swim 3 Lap Lanes	11:00am-1:30pm	Open Rec Swim 3 Lap Lanes	10:30am-1:00pm	Open Rec Swim 3 Lap Lanes	11:00am-1:30pm	Open Rec Swim 3 Lap Lanes	10:30am-2:00pm	Open Rec Swim 3 Lap Lanes
2:00-3:30pm	Aqua Aerobics (3) Jacque Petersen	1:30-5:15pm Open Rec Swim 3 Lap Lanes		1:00-2:30pm Aqua Aerobics (3) Jacque Petersen	2:30-5:15pm Open Rec Swim (3)	1:30-5:15pm Open Rec Swim 3 Lap Lanes	2:00-3:30pm Aqua Aerobics (3) Jacque Petersen		
3:30-6:00pm	Open Rec Swim (3)			4:30-5:15pm Swim Lessons (3)					
6:00-7:00pm	Aqua Athlete Taylor May		5:15-6:15pm Wet-N Wild (3) Diane Walrod	5:15-6:15pm Wet-N Wild (3) Diane Walrod					
7:00-8:30pm	Open Rec Swim 3 Lap Lanes	6:00-7:00pm	Aqua Athlete Taylor May	6:15-8:30pm	Open Rec Swim (3)	6:15-8:30pm	Open Rec Swim 3 Lap Lanes	3:30-8:30pm	Open Rec Swim (3)
SATURDAY				SUNDAY					
7:00-10:00am Open Lap Swim 6 Lanes				11:00am-1:00pm ADULT ONLY HOURS					
10:00-11:00am Open Rec Swim 3 Lap Lanes									
11:05-11:50am Swim Lessons (3)									
12:00-1:00 YMCA Swim Club (2)				1:00-5:30pm Open Rec Swim 3 Lap Lanes					
12:00-4:30pm Open Rec Swim 3 Lap Lanes									

**\*\*The number in parenthesis is the available open lap lanes\*\* \*\*Pool Schedule is subject to change due to program needs\*\***  
**\*\*NO OPEN RECREATIONAL SWIMMING DURING SHADED TIMES\*\***



Check out the new Cardio Kick Boxing Class  
offered Friday at 9:45am

## January Group Exercise Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:15 - 5:45am <b>Kettlebell *med</b> Jenn Hummel		5:15 - 5:45am <b>Kettlebell *med</b> Jenn Hummel		5:15 - 5:45am <b>Kettlebell *med</b> Jenn Hummel
5:45- 6:30am <b>Cycling *all</b> Jenn Hummel		5:45- 6:30am <b>Cycling *all</b> Jenn Hummel		5:45- 6:30am <b>Cycling *all</b> Jenn Hummel
	7-7:45 AM <b>Essential Movements*all</b> Mackenzie Burtness		7-7:45 AM <b>Essential Movements*all</b> Mackenzie Burtness	6:30- 7:30am <b>5K Fridays</b> Joey Ringo
7:45- 8:15am <b>Total Stretch *all</b> Mackenzie Burtness	7:30- 8:30am <b>Beginner Hatha Yoga*all</b> Nora Hardy		7:45AM- 8:15AM <b>Mobility *all</b> Mackenzie Burtness	
8:30- 9:00am <b>Core Builders *med</b> Keri Mixdorf	8:30- 9:15am <b>Pilates *all</b> Carol Keenan	8:30- 9:00am <b>Interval Cycling *all</b> Keri Mixdorf		8:30- 9:30am <b>Full Throttle *high</b> Billie Esser
	9:00- 10:00am <b>Low and Slow Yoga*all</b> Karen Regal		9:00- 9:45am <b>Pilates *all</b> Carol Keenan	
9:15- 10:15am <b>Circuit Cycling *high</b> Keri Mixdorf	9:30- 10:15am <b>M.U.T. *all</b> Carol Keenan	9:15- 10:15am <b>Lift It *med</b> Keri Mixdorf	9:00- 10:00am <b>Low and Slow Yoga *all</b> Karen Regal	9:45AM- 10:45 AM <b>Cardio Kickboxing</b> Billie Esser
12:00- 1:00pm <b>Learn to Lift *all</b> Mackenzie Burtness	10:30- 11:15am <b>Tai Chi *low</b> Glen Hepker	10:30- 11:15am <b>Tai Chi *low</b> Glen Hepker	9:55- 10:30am <b>Tabata *all</b> Carol Keenan	10:30- 11:15am <b>Tai Chi *low</b> Glen Hepker
4:30- 5:30pm <b>Fitness4Kids* All</b> Taylor May	4:30- 5:30pm <b>Cycling *all</b> Judy DeRock	12:00- 1:00pm <b>Learn to Lift *all</b> Mackenzie Burtness	4:30- 5:30pm <b>Cycling *all</b> Judy DeRock	12:00- 1:00pm <b>Learn to Lift *all</b> Mackenzie Burtness
5:30- 6:30pm <b>Bootcamp *high</b> Kyra N. /Cassy A.	5:30- 6:30pm <b>Body Sculpt *all</b> Judy DeRock	5:30- 6:30pm <b>Bootcamp *high</b> Kyra N./Dale G.	5:30- 6:30pm <b>Body Sculpt*all</b> Judy DeRock	
6:30- 7:30pm <b>Somatic Yoga *all</b> Miranda Jones			6:30- 7:30pm <b>Somatic Yoga*all</b> Miranda Jones	
6:45- 7:45pm <b>Taekwondo *all</b> Mrs. Eckler/Mr. Franklin			6:45- 7:45pm <b>Taekwondo *all</b> Mrs. Eckler/Mr. Franklin	
<b>SATURDAY</b> 9:15-10:15am Saturday Sweat *high		<b>SUNDAY</b>		

Group Exercise Room A    Cycling Room    Pool  
Group Exercise Room B    Gym Court 3

\*Intensity level  
all = good for all activity levels

## Class Descriptions

### BEGINNER HATHA YOGA: T 7:30 - 8:30AM

Beginner Yoga includes most yoga styles. Specific asanas (yoga posture) and pranayama (breathing exercises), help bring peace to the mind and body.

### Body Sculpt: T / TH 5:30-6:15pm

Free weights, resistance bands and body movement provide a full body workout.

### Boot Camp PM: M / W / F 5:30-6:30pm

Overall cardio, muscular strength, and endurance is improved with the use of weights, jump ropes, running, timers and other forms of circuit training.

### Circuit Cycling: M 9:15-10:15am

Circuit of cycling at varying speeds and resistance levels along with using light weights on the bike and heavier weights off the bike.

### CORE BUILDERS: M 8:30 - 9:00AM

Focusing on strengthening your core, increasing overall muscle strength, balance and posture.

### CYCLING: M/W/F 5:45-6:30AM

### OR T/TH 4:30-5:30PM

Mix up your cycling routine with low impact/high intensity workout, great for any fitness level.

### ESSENTIAL MOVEMENTS: T / TH 6:15-6:45AM

Warm up essential muscle groups to help advance to future classes. Focusing on balance work, stability, and stretching/flexibility.

### FULL THROTTLE: F 8:30 - 9:30AM

A high intensity and challenging workout incorporating a mix of cardio, strength training, and agility exercises.

### 5K FRIDAYS: FRIDAY 6:30 - 7:30AM

Join us for a relaxed, supportive group walk, run, or bike ride. It is not required to complete the full 3 miles, just come out, get moving, and enjoy the company!

### TaeKwonDo\*all

Heather Eckler & Kole Franklin

M/TH: 6:45pm-7:45pm

Members: \$15/month

Program members: \$50/month

### HIIT: T 9:45 - 10:30 AM

A type of workout that consists of short periods of intense exercise that gets your heart rate up quickly between intervals of less intense exercise or rest.

### INTERVAL CYCLING: W 8:30 - 9:00AM

Fast-paced cycling class that consists of timed intervals of basic cycling maneuvers.

### KETTLEBELL: M / W / F 5:15 - 5:45AM

Total body workout building muscle strength and cardiovascular conditioning.

### Learn to Lift: M/W/F 12:00pm-1:00pm

Taught by a YMCA Personal Trainer over the noon hour, you will learn lifts that work each muscle group.

### LIFT IT: W 9:15 - 10:15AM

Total body lifting, focuses on all main muscle groups while incorporating secondary muscles.

### LOW AND SLOW YOGA: T/TH 9:00-10:00AM

Enjoy classic Yoga flows, series of poses, and meditation. Great for all ages and activity levels.

### MOBILITY: TH 8:15-8:45AM

All about flexibility, core strength and increasing range of motion.

### TABATA: THURSDAY 9:55 - 10:30AM

Tabata is a form of high-intensity interval training that alternates bursts of maximum effort with brief recovery periods. This approach maximizes calorie burn and boosts both aerobic and anaerobic fitness!

### Fitness 4 Kids: M 4:30-5:30PM

A class formulated to help teach children starting Middle School and older how to properly lift, and to find fun in lifting! All Ages Welcome!

### SOMATIC YOGA: M / TH 6:30-7:30PM

A therapeutic blend of somatics and classic asana woven artfully together to nourish self-awareness, reset neuromuscular pathways and gain freedom in functional movement.

### TAICHI: T / W / F 10:30 - 11:15AM

Ancient form of Chinese exercise uses relaxed movements to develop a sense of balance and harmony between mind and body.

Members: \$20 Program Members: \$35

### PILATES: T: 8:30 - 9:15AM TH: 9:00-9:45AM

Full body workout that creates long, lean muscles with a strong core while learning the technique behind Pilates.

### TOTAL STRETCH: M 7:45 - 8:15AM

Experienced dynamic stretching; including fascia fitness, resistance stretching, mobility and balance.

### **Cardio Kickboxing: Friday 9:45-10:45**

Enjoy a class that brings the intensity!

Full body workout to increase your cardio and improve your kickboxing skills as well.

\$5 members-10\$ non member

Registration: Members - September 22nd

Program Members - September 23rd

Program Members:

Once a week classes-\$15

Twice a week classes-\$25

Three times a week classes-\$35

REGISTER ONLINE @  
www.masoncityymca.org

Or Call us @ 641-422-5999

Payment due at time of registration.