



# Mason City Family YMCA Newsletter

February 2026



## Meet our Membership Director

Faith Herout has been employed as Membership Director with the Mason City Family YMCA for 3 years,

Faith resides in Nora Springs where outside the YMCA she has been finishing up all her needed work to have her Master of Divinity Degree and pursue a position as a Pastor to a Presbyterian Church. She enjoys getting together with family, reading and listening to audio books.

What aspects of the Mason City Family YMCA makes you proud to work here?  
I am proud to work here. The team I work with, getting to know the Members and making connections are the best aspects of my job.

What is the best piece of advice you have ever received?  
"Just keep trying."

## NEW STAFF

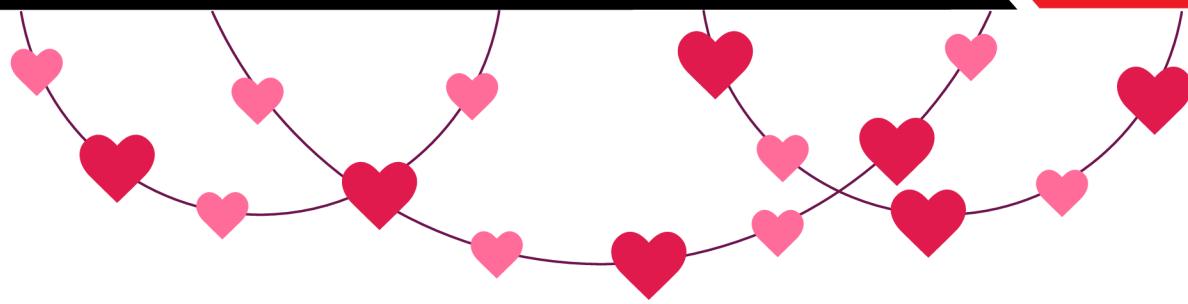
### Welcome New Staff

Olivia Sorenson	Shandon Green
Alex Snow	Amaris Redman
Ryder Gansen	
Mary Church	
Daniel Goodin	
Allegra Green	
Ryan Fournier	
Ellie Dahl	

## HAPPY VALENTINES DAY

"Spread love everywhere you go.  
Let no one ever come to you without  
leaving happier." —Mother Teresa





## Exercise Can Decrease Symptoms of Depression and Anxiety

When you are diagnosed with depression or anxiety, exercise may seem like the last thing you want to do. But once you begin and maintain an ongoing schedule, exercise can make a big difference.

Exercise helps prevent and improve many health problems, including high blood pressure, diabetes and arthritis. Research on depression, anxiety and exercise shows that the mental health and physical benefits of exercise also can help mood get better and decrease anxiety.

How does exercise help depression and anxiety?

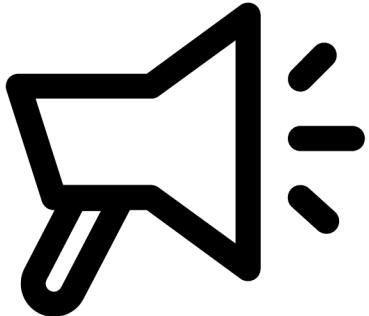
Regular exercise may help ease depression and anxiety by:

- Releasing feel-good endorphins. Endorphins are natural brain chemicals that can improve your sense of well-being.
- Taking your mind off worries. Thinking about something else instead of worrying can get you away from the cycle of negative thoughts that feed depression and anxiety.

Regular exercise has many mental health and emotional benefits too. It can help you:

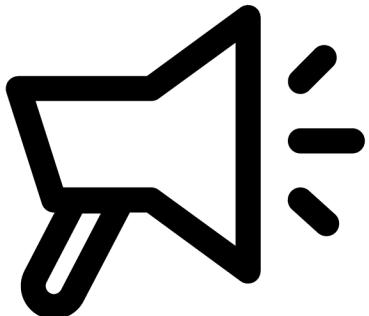
- Gain confidence. Meeting exercise goals or challenges, even small ones, can boost your self-confidence. Getting in shape also can make you feel better about how you look.
- Get more social interaction. Exercise and physical activity may give you the chance to meet or socialize with others. Just sharing a friendly smile or greeting as you walk around your neighborhood can help your mood.
- Cope in a healthy way. Doing something positive to manage depression or anxiety is a healthy coping strategy. Trying to feel better by drinking alcohol, dwelling on how you feel, or hoping depression or anxiety will go away on its own can lead to worsening symptoms.

Taken from: <https://www.mayoclinic.org/diseases-conditions/depression/in-depth/depression-and-exercise/art-20046495>



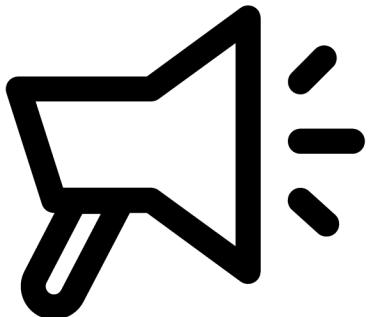
**New to the Mason City Family YMCA!**

We have a cribbage board, cards, dominos and Mexican Train dominos.  
Check them out at the front desk and enjoy a game at the table.



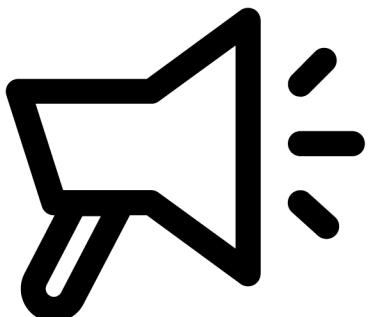
**New to the Mason City Family YMCA!**

We have purchased our own towels. We hope you enjoy the soft, larger size. Please be patient with us as we navigate this new system.



**New to the Mason City Family YMCA!**

The men's steam room is getting a face lift.  
We hope you enjoy the updates.



**New to the Mason City Family YMCA!**

Have you noticed that we are slowly replacing seats and handle grips on the fitness floor equipment?

You Spoke

We Listened

We're Acting

Thank you

**A big thank you to the over 40 members  
who participated in the Operational Assessment!**

Top 5 points of feedback from the operational assessment:

- Nearly 90% of members plan to continue their YMCA membership, citing our welcoming community, trusted programs, and strong sense of belonging. We are proud that we are living and working with our culture and core values of caring, honesty, respect and responsibility. We are dedicated to providing people of all ages, backgrounds and walks of life the opportunity to reach their full potential with dignity.
- Members and community partners praised improvements in cleanliness, atmosphere, and overall experience, reflecting the care and pride our staff bring to the Y every day.
- Aquatics, youth programs, senior services, and group exercise were highlighted as top strengths, delivering daily impact for all ages and abilities. As a team, we will continue to seek ways to deliver high-quality, accessible YMCA programs that meet community needs and create a positive experience for all.
- Based on member feedback, we are prioritizing high-visibility fixes—including equipment upkeep, locker room comfort, and better alignment of childcare, fitness, and aquatics schedules.
- The assessment reaffirmed that the Y is more than a gym—it's a charitable community resource, providing access, connection, and support for thousands of North Iowans. We are proud to be a part of the YMCA Family together with our members.

**Eat at Panda Express on February 7th, 2026 and show them a photo of this flyer or the flyer itself and 20% of the sale will come to the Mason City Family YMCA**



**Fundraiser for  
Mason City Family YMCA**

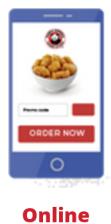
20% of event sales will be donated

We are a nonprofit focused on youth development, healthy living, & social responsibility.



**When**  
**Saturday, February 07, 2026**  
**Time: 10:00 AM to 9:00 PM**

**Where**  
**Panda Express located at:**  
**3550 4th Street SW**  
**Mason City IA 50401**  
**(641) 423 - 0788**



**Online**

**How to Order**

or



**In-Person**

**PandaExpress.com or the App.**  
**Enter 3853328 in the fundraiser code box**

**Bring paper flyer or show it on  
your smartphone**

**Order ahead or on the event day Saturday, February 07, 2026**

Participating fundraiser guests are required to present a valid fundraiser flyer (paper copy or digital image) with each order to receive credit towards the fundraiser. Flyers may not be distributed inside or within the vicinity of the restaurant including, without limitation to, the restaurant parking lot before or during the fundraiser. Panda Restaurant Group, Inc. ("PRG") reserves the right to cancel any and all fundraiser events, if the Neighborhood Fundraiser Terms and Conditions are not followed. If the organization is not in good standing with the IRS, Franchise Tax Board, or the State of California (for California organizations only), then donations may not be made to the organization. You must present your unique code or a copy of this flyer (digital copies are accepted) at the designated date, time, and your Panda Express location at check-out. PRG will donate 20% of all pre-tax purchases made, provided that the organization raises a minimum of \$100 in total event sales pre-tax. PRG does not charge the organization fees related to the event. Purchase(s) of gift cards do not count towards the fundraiser, but purchases made with gift cards will count. No portion of purchase is tax deductible. The donation from PRG to the organization is tax deductible. The organization receiving the donation must be a tax exempt organization. PRG will issue the donation check and provide an accounting statement to the organization within 45 days of the completion of the event. Participants in the fundraiser may request the total dollar amount donated to the organization by emailing [communityprograms@pandarg.com](mailto:communityprograms@pandarg.com) or by submitting the question at <https://community.pandaexpress.com/faq>



Find a local hiring event or apply online at **PandaCareers.com**

# POWER UP YOUR PERFORMANCE



## »»» PICKLEBALL CLASS «««

- » Saturday, March 14 & Sunday March 15
- » 11 AM - 12 PM @ the Mason City YMCA
- » Intro skills taught on Saturday, advanced skills on Sunday with USA Pickleball ambassador & Iowa-middle states regional instructor Deb Nielson.

»»» \$15 for members  
\$20 for non-members

**MASON CITY FAMILY YMCA**

641-422-5999 | [info@masoncityYMCA.org](mailto:info@masoncityYMCA.org)

REGISTER



A photograph of two people playing basketball. One player in a red shirt and blue shorts is seen from the back, while another player in a pink shirt and black shorts is jumping to shoot the ball. A YMCA sign is visible in the background.

# MARCH MAYHEM 3V3 TOURNAMENT

**SATURDAY  
MARCH  
28TH**

- ▶ STARTS 10 AM
- ▶ Food provided while supplies last
- ▶ Prizes for each division champion

- ▶ Divisions for ages 2<sup>nd</sup> Grade - Adult
- ▶ Max. 5 players per team. Please request your teammates at sign up
- ▶ \$10 Y-Members
- ▶ \$15 Non-Members

641-422-5995

[jwhitner@masoncityymca.org](mailto:jwhitner@masoncityymca.org)

**MASON CITY FAMILY YMCA**

**REGISTER**



# CORPORATE DODGE OFF



**175**  
YEAR  
ANNIVERSARY



► **TUESDAY,  
FEBRUARY 24**  
► **5-7 PM**

**FOOD!**  
**PRIZES!**  
**\$125 per team**  
**6 - 10 players  
per team**



Sign up your business for the YMCA CORPORATE DODGE OFF! Play against other local businesses for prizes and bragging rights. The grand prize includes marketing opportunities at the YMCA and on local radio.

**641-422-5999**  
**[info@masoncityymca.org](mailto:info@masoncityymca.org)**

**MASON CITY FAMILY YMCA**

**REGISTER**





175 YEAR ANNIVERSARY

# KIDS FANTASTIC FUN RUN SERIES 2026

- » Monthly fun run series for children ages 3 - 10 years
- » \$5 per session or purchase a \$50 PUNCH CARD for all 12 sessions
- » All races will be held 9 - 10 AM at the YMCA with the exception of June 27

**JANUARY 10** ..... Super Hero Sprint

**FEBRUARY 21** ..... Have a Heart Run

**MARCH 14** ..... Leaping Leprechaun Run

**APRIL 11** ..... Bunny Hop Run

**MAY 9** ..... Mommy and Me Run

**JUNE 27** ..... Cannonball Fun Run

**JULY 11** ..... Sparkler Sprint

**AUGUST 8** ..... End of Summer Run

**SEPTEMBER 12** ..... Back to School Run

**OCTOBER 10** ..... Haunted Halloween Run

**NOVEMBER 14** ..... Turkey Trot

**DECEMBER 12** ..... Jingle Jog



Cannonball Fun Run  
held at East Park @  
9:30 AM, \$10 fee

CALL TODAY or use

QR CODE TO  
REGISTER



**MASON CITY FAMILY YMCA**

1840 S Monroe Ave | 641-422-5999 | [info@masoncityYMCA.org](mailto:info@masoncityYMCA.org)

## FEBRUARY 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	5:00-6:45am	Open Lap Swim 6 Lanes Aqua Athlete (3) Matt Anderegg	5:00-7:30am	Open Lap Swim 6 Lanes					
8:00-8:45am	Aqua toning (3) Mary Ann Ray	7:30am-10:00am	Open Rec Swim 3 Lap Lanes	8:00-8:45am	Aqua toning (3) Mary Ann Ray	7:30am-10:00am	Open Rec Swim 3 Lap Lanes	8:00-8:45am	Aqua toning (3) Mary Ann Ray					
9:00-9:45am	Wet-N-Wild (3) Bev McGowen	9:45-10:30am	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	9:00-9:45am	Wet-N-Wild (2) 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	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)	5:15-6:15pm	Wet-N Wild (3) Diane Walrod	4:30-5:15pm	Swim Lessons (3)	5:15-6:15pm	Wet-N Wild (3) Diane Walrod	3:30-8:30pm	Open Rec Swim (3)					
6:00-7:00pm	Aqua Athlete Taylor May	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							
7:00-8:30pm	Open Rec Swim 3 Lap Lanes	7:00-8:30pm	Open Rec Swim 3 Lap Lanes											
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			1:00-5:30pm Open Rec Swim 3 Lap Lanes										
11:05-11:50am	Swim Lessons (3)													
12:00-1:00	YMCA Swim Club (2)													
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\*\*

## 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>		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>HIIT *all</b>	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>		<b>SUNDAY</b>		
9:15-10:15am Saturday Sweat *high				

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

\*Intensity level  
 all = good for all activity levels

# Class Descriptions

## BEGINNERHATHAYOGA: 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, resistancebandsandbodymovement 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.

## CircuitCycling: M 9:15-10:15am

Circuitsofcycling at varyingspeeds&resistance levels along with using light weights on the bike and heavier weights off the bike.

## COREBUILDERS: 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/TH4:30-5:30PM

Mix upyourcyclingroutinewithlowimpact/high intensity workout, great for any fitness level.

## ESSENTIALMOVEMENTS: 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 highintensity and challengingworkout incorporating a mix of cardio, strength training, and agility exercises.

## 5KFRIDAYS: FRIDAY 6:30 -7:30AM

Joinus for a relaxed, supportive group walk, run, or bike ride. Itis no required to complete the full 3 miles,just come out, getmoving, 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

Atype of workout that consists of short periods of intense exercise that getsyour heartrateupquickly between intervals of less intense exercise or rest.

## INTERVALCYCLING: W 8:30 -9:00AM

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

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

Total body workout building muscle strength and cardiovascular conditioning.

## Learntolift: M/W/F12:00pm-1:00pm

Taught by aYMCAPersonal Trainer over the noon hour, you will Learn lifts that work each muscle group.

## LIFTIT: W 9:15 -10:15AM

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

## LOWANDSLOWYOGA: T/TH 9:00-10:00AM

EnjoyclassicYoga flows, seriesofposes, and meditation. Great for all ages and activity levels.

## MOBILITY: TH8:15-8:45AM

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

## TABATA: THURSDAY9:55 -10:30AM

Tabataisform of high-intensityinterval trainingthat alternatebursts of maximumeffortwith briefrecovery periods. This approach maximizes calorie burn and boosts both aerobic and anaerobic fitness!

## Fitness 4 Kids: M4:30-5:30PM

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

## SOMATICYOGA:M / TH 6:30-7:30PM

Atherapeuticblend of somaticsandclassicasana 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 movementsstodevelop a senseof balanceand harmonybetweenmind andbody.

Members: \$20 Program Members: \$35

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

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

## TOTALSTRETCH: M 7:45 -8:15AM

Experiencedynamicstretching; includingfasciafitness, resistance stretching, mobility and balance.

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

Enjoyaclass that brings the intensity! Fullbody workout to increase your cardio and improve your kickboxing skils aswell. \$ members-10\$non member

REGISTER ONLINE @  
[www.masoncityymca.org](http://www.masoncityymca.org)

Or Call us @ 641-422-5999

Payment due at time of registration.

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