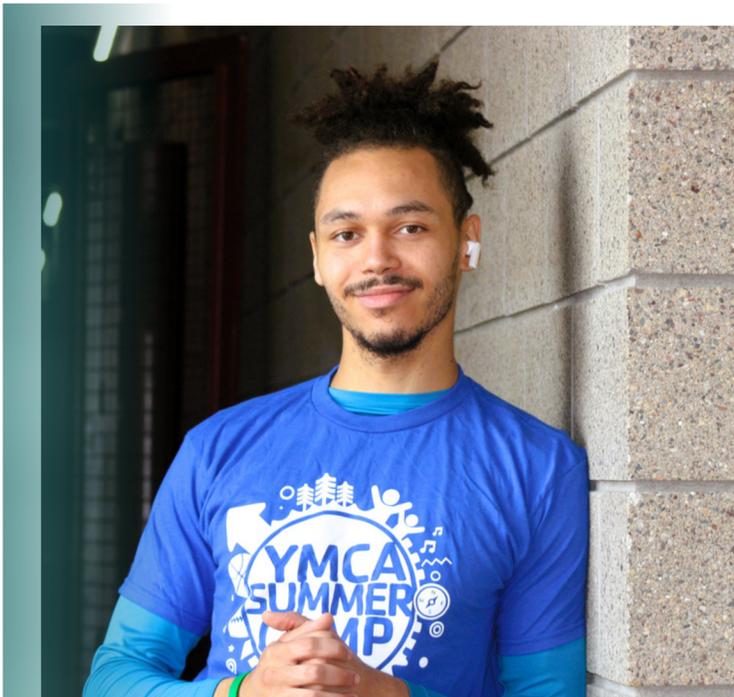


Newsletter

Mason City Family YMCA March 2026



Meet Our Asst. Program Director

24 year old Malek Wesley was born in Minnesota. Malek attended high school at Mason City Community School and attended the YMCA during those years.

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

"I enjoy the community more than anything. Meeting new people every day, conversing with members and friends, spending time helping and getting to know them."

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

"I can do all things through Christ who strengthens me" Philippians 4:13

NEW STAFF

Glen Bennett
Jayla Cooley
Cus Gallagher
Kiana Crell
Katelyn Ott
Karen Portis

CHECK IT OUT

The Y is offering a host of new classes:

- *Ai Chi
- *Aqua Jogger
- *Page Turner's Book Club
- *Evening Cardio Kick Boxing
- *Morning Aqua Athlete
- *Tiny Tumblers
- *Family Fun Fairy Garden Class
- *Dream Big Story Time

AS YOU MAY HAVE HEARD

Due to a broken pipe, the hot tub was currently closed. After full assessment, repairs required several thousand dollars and a few weeks to complete. Thank you for your patience as we worked care for your YMCA.



FOREVERWELL®

What is FOREVERWELL™?

At the Y, healthy aging means more than just staying active—it's about staying connected, engaged, and empowered.

FOREVERWELL™ is a program designed to help individuals 55+ stay healthy, independent, and socially engaged through a holistic approach to aging. It brings together fitness, health education through personal trainers and meaningful relationships in a supportive community environment. Whether you're here to build strength in a group class, join in social activities, or explore new skills, FOREVERWELL™ helps you thrive in mind, body, and spirit.

Focus Areas of FOREVERWELL™

- Move
- Connect
- Discover

They Mason City Family YMCA will be posting a monthly calendar of classes offered at the Y that are FOREVERWELL™ approved.

We also offer quarterly "Connecting Through Crafts" events, a bi-monthly Page Turners Book Club, and board games and cards that can be checked out at the front desk and played at our table area, and will be scheduling occasional seminars on a variety of topics.

We invite you to join us for a wide variety of programs at the Mason City Family YMCA

Beginning March 9th



» MONDAYS
10 - 10:45 AM

» in the THERAPY POOL
with Certified Instructor
GLEN HEPKER

» Y Members \$20

» Non-members \$35

 REGISTER
»»»»»

Aquatic Programs sponsored by Cargill.

Mason City, Iowa




April 30, 2026
6:30pm

FAMILY FUN FAIRY GARDEN

Bring your family and join us in creating a Family Fairy Garden that you will be able to enjoy all summer!

Register in person at
Mason City Family YMCA 1840 N. Monroe, Mason City
or online at
www.masoncityymca.org

Cost: \$15 for Y Members \$20 for Non-Y Members

Call us : +641-422-5996

www.masoncityymca.org

PAGE TURNERS BOOK CLUB



In collaboration with **THREE
BELLS
BOOKS**



Book club is free! We can order the book for you,
through Three Bells Books at your cost.
Book prices are listed next to the book each month.

OFFERED BI-MONTHLY AT 10:00AM

- April 1, 2026 - The Second Mrs. Astor by Shana Abe - Book Cost \$19.21
- June 3rd, 2026 - It Happened on Sunday by Tracy Wolf - Book Cost \$19.25
- August 5th, 2026 - The Jilted Countess by Loretta Elsworth - Book Cost \$22.32
- October 7th, 2026 - Death by Cheesecake: A Golden Girls Cozy
Mystery by Rachel Ekstrom Courage - Book Cost \$18.18
- December 2nd, 2026 - The Prayer Box by Lisa Wingate - Book Cost \$19.25



TINY TUMBLERS

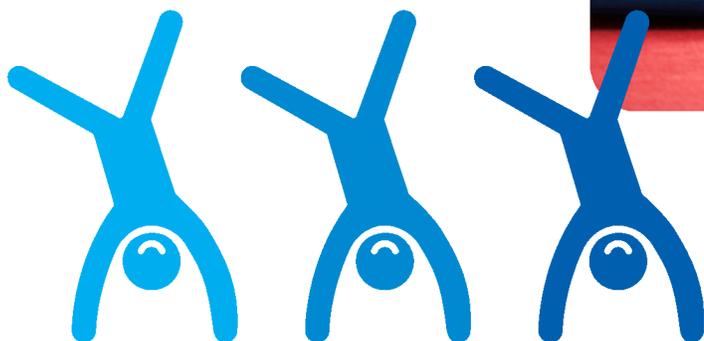
With Instructor Julia

FRIDAYS

› 6 - 7 PM for ages 6 - 8

SATURDAYS

- › Mommy & Me Class!
- › for ages 6 - 8 11-1145
- › NOON - 1 PM for ages 3 - 5
- › **Bring Clean Socks!**



MASON CITY FAMILY YMCA
 info@masoncityymca.org
 641-422-5999



**REGISTER
HERE**





175 YEAR ANNIVERSARY

LEAPING LEPRACHAUN RUN



▶ **\$5 For Day Run**
▶ **\$50 for year-long
Punch Card Pass**



**For Kids
Ages 3-10**



**March 14th
9 AM - 10 AM**



Run is held at the YMCA, as kids will lap at their own pace around our fitness floor track.



Stay and watch, take pictures, or use the facility during the event!



Kids will keep a cumulative record of their laps and when they hit milestones, they will receive prizes!



MASON CITY FAMILY YMCA

641-422-5999

info@masoncityYMCA.org



Beginning in March, 2026



DREAM BIG STORY TIME

Children ages 2-6 years old
THURSDAY'S
1:00PM - 2:00PM

IN KID'S ZONE





FOREVERWELL®

Mason City Family YMCA

A monthly calendar of low impact fitness classes offered at the Mason City Family YMCA

THE APRIL 1ST PAGETURNER'S BOOK IS "THE SECOND MRS. ASTOR" BY SHANA ABE

Blue are Aqua Classes
Orange are held on the fitness floor

March 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TOTAL STRETCH 7:45-8:15AM	ESSENTIAL MOVEMENTS 7:00-7:45AM	AQUA TONING 8-8:45AM	ESSENTIAL MOVEMENTS 7:00-7:45AM	AQUA TONING 8-8:45AM
AQUA TONING 8:00-8:45AM	BEGINNING HATHA YOGA 7:30-8:30AM	WET-N-WILD 9:45-10:30	MOBILITY 7:45-8:15	WET-N-WILD 9:00-9:45AM
RUSTY HINGES 8:00-9:00AM	LOW AND SLOW YOGA 9:00-10:00AM	TAI CHI 10:30-11:15AM	LOW AND SLOW YOGA 9:00-10:00AM	WET-N-WILD 9:45-10:30AM TAI CHI
WET-N-WILD 9:45-10:30	GENTLE BEGINNINGS 10:00-11:00AM	LEARN TO LIFT 12:00-1:00PM	GENTLE BEGINNINGS 10:00-11:00AM	10:30-11:15AM
TAI CHI 10:00-10:45AM	TAI CHI 10:30-11:15AM	AQUA AEROBICS 1:00-2:30PM	WET-N-WILD 5:15-6:15PM	LEARN TO LIFT 12:00-1:00PM
LEARN TO LIFT 12:00-1:00PM	WET-N-WILD 5:15-6:15PM	WET-N-WILD 5:15-6:15PM	BODY SCULPT 5:30-6:30PM	AQUA AEROBICS 2:00-3:30PM
AQUA AEROBICS 2:00-3:30PM	BODY SCULPT 5:30-6:30PM	- -	SOMATIC YOGA 6:30-7:30PM	- -

Foreverwell Class Descriptions

Ai Chi:

Ai Chi is a gentle, aquatic-based exercise and relaxation program performed in shoulder-deep warm water, combining deep breathing with slow, flowing, Tai Chi-inspired movements

Aqua Aerobics:

Low impact, full body workour that improves cardiovascular health, strength, flexibility, and balance.

Aqua Toning:

Low impact class focused on improving muscle tone, endurance and balance

Beginner Hatha Yoga:

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

Body Sculpt:

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

Essential Movements:

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

Gentle Begginings:

Low impact class focused on improving muscle tone, endurance and balance

Learn to Lift:

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

Low and Slow Yoga:

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

Mobility:

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

Page Turner's Book Club:

Page Turner's book club is a community-focused group where members meet bi-monthly to discuss a shared, pre-read book, fostering deeper engagement with literature and social connection.

Rusty Hinges:

Held in the Therapy Pool this low impact class focuses on strength and balance.

Somatic Yoga:

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

Tai Chi:

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

Total Stretch:

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

Wet-N-Wild:

Low impact, full body workour that improves cardiovascular health, strength, flexibility, and balance.

MARCH 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	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	6:45-7:30am	Aqua Athlete (3) Matt Anderegg	8:00-8:45am	Aqua toning (3) Mary Ann Ray
9:00-9:45am	Wet-N-Wild (3) Bev McGowen	10:00-11:00am	Gentle Beginnings (3) Matt Anderegg	9:00-9:45am	Wet-N-Wild (3) Bev McGowen	7:30am-10:00am	Open Rec Swim 3 Lap Lanes	9:00-9:45am	Wet-N-Wild (2) Bev McGowen
9:45-10:30am	Wet-N-Wild (3) Bev McGowen	11:00am-12:00pm	Open Rec Swim 3 Lap Lanes	9:45-10:30am	Wet-N-Wild (3) Bev McGowen	10:00-11:00am	Gentle Beginnings (3) Matt Anderegg	9:45-10:30am	Wet-N-Wild (3) Bev McGowen
10:30-11:00am	OpenRecSwim 3LapLanes	11:00am-1:30pm	Open Rec Swim 3 Lap Lanes	10:30-11:00am	OpenRecSwim 3LapLanes	11:00am-12:00pm	Open Rec Swim 3 Lap Lanes	10:30am-2:00pm	Open Rec Swim 3 Lap Lanes
11:00am-12:00pm	Aqua Joggers (3) Matt Anderegg	1:30-5:15pm	Open Rec Swim 3 Lap Lanes	11:00am-12:00pm	Aqua Joggers (3) Matt Anderegg	12:00-1:00pm	Open Rec Swim 3 Lap Lanes	2:00-3:30pm	Aqua Aerobics (3) Jacque Petersen
12:00-2:00pm	Open Rec Swim 3 Lap Lanes	5:15-6:15pm	Wet-N Wild (3) Diane Walrod	1:00-2:30pm	Aqua Aerobics (3) Jacque Petersen	1:00-2:30pm	Open Rec Swim 3 Lap Lanes	3:30-8:30pm	Open Rec Swim (3)
2:00-3:30pm	Aqua Aerobics (3) Jacque Petersen	6:15-8:30pm	Open Rec Swim 3 Lap Lanes	2:30-5:15pm	Open Rec Swim (3)	4:30-5:15pm	Swim Lessons (3)		
3:30-8:30pm	Open Rec Swim (3)			5:15-6:15pm	Wet-N Wild (3) Diane Walrod	5:15-6:15pm	Wet-N Wild (3) Diane Walrod		
				6:15-8:30pm	Open Rec Swim (3)	6:15-8:30pm	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****

MARCH THERAPY POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00-8:00am Open Swim	5:00-8:00am Open Swim	5:00-8:00am Open Swim	5:00-9:00am Open Swim	5:00-8:00am Open Swim
8:00-9:00am Rusty Hinges Joan Curtis	8:00-9:00am Rusty Hinges Bonni Fritz	8:00-9:00am Rusty Hinges Joan Curtis	8:00-9:00am Open Swim	8:00-9:00am Rusty Hinges Bonni Fritz
9:00-10:00am Rusty Hinges Joan Curtis	9:00am-12:00pm Hospital Therapy Use Only	9:00-10:00am Rusty Hinges Joan Curtis	9:00am-12:00pm Hospital Therapy Use Only	9:00am-1:00pm Hospital Therapy Use Only
10:00-10:45am "Ai Chi" Glen Hepker		10:00am-12:00pm Open Swim		
10:00am-12:00pm Open Swim	12:00-1:00pm Rusty Hinges Jacque Petersen	12:00-5:00PM Hospital Therapy Use Only	12:00-1:00pm Rusty Hinges Jacque Petersen	1:00-8:30pm Open Swim
12:00-5:00pm Hospital Therapy Use Only	1:00-4:45pm Open Swim	12:00-5:00PM Hospital Therapy Use Only	1:00-4:45PM Open Swim	
5:00-6:00pm Rusty Hinges Diane Carlson	4:45-5:45pm Rusty Hinges Patricia Martin	5:00-6:00pm Rusty Hinges Diane Carlson	4:45-5:45pm Rusty Hinges Patricia Martin	
6:00-8:30pm Open Swim	5:45-8:30pm Open Swim	5:20-6:45pm Swim Lessons	5:45-8:30pm Open Swim	
		6:45-8:30pm Open Swim		
SATURDAY		SUNDAY		
7:00-9:00AM Open Swim		11:00am-1:00pm ADULT ONLY		
9:00AM-11:00AM Swim Lessons		1:00-5:30PM Open Swim		
11:00AM-4:30PM Open Swim				

Parents with young children are welcome to use the Therapy Pool shallow end during class times.

Pool Schedule is subject to change due to program needs

****NO OPEN RECREATIONAL SWIMMING DURING SHADED TIMES****

March Group Exercise Schedule

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
5:15 - 5:45am	Kettlebell *med Jenn Hummel			5:15 - 5:45am	Kettlebell *med Jenn Hummel			5:15 - 5:45am	Kettlebell *med Jenn Hummel
5:45- 6:30am	Cycling *all Jenn Hummel			5:45- 6:30am	Cycling *all Jenn Hummel			5:45- 6:30am	Cycling *all Jenn Hummel
		7-7:45 AM	Essential Movements*all Mackenzie Burtness			7-7:45 AM	Essential Movements*all Mackenzie Burtness	6:30- 7:30am	5K Fridays Joey Ringo
7:45- 8:15am	Total Stretch *all Mackenzie Burtness	7:30- 8:30am	Beginner Hatha Yoga*all Nora Hardy			7:45AM- 8:15AM	Mobility *all Mackenzie Burtness		
			Pilates *all Carol Keenan	8:30- 9:00am	Interval Cycling *all Keri Mixdorf	8:30- 9:15AM	Pilates *all Carol Keenan	8:30- 9:30am	Full Throttle *high Billie Esser
8:30- 9:00am	Core Builders *med Keri Mixdorf	8:30- 9:15am	Low and Slow Yoga *all Karen Regal			9:00- 10:00am	Low and Slow Yoga *all Karen Regal		
		9:00- 10:00am	N.I.I.T *all Carol Keenan	9:15- 10:15am	Lift It *med Keri Mixdorf	9:30- 10:10am	Yabuts *all Carol Keenan	9:45AM- 10:45 AM	Cardio Kickboxing Billie Esser
9:15- 10:15am	Circuit Cycling *high Keri Mixdorf	9:30- 10:15am		10:30- 11:15am	Tai Chi *low Glen Hepker			10:30- 11:15am	Tai Chi *low Glen Hepker
				12:00- 1:00pm	Learn to Lift *all Mackenzie Burtness			12:00- 1:00pm	Learn to Lift *all Mackenzie Burtness
4:30- 5:30pm	Fitness4Kids* All Taylor May	4:30- 5:30pm	Cycling *all Judy DeRock			4:30- 5:30pm	Cycling *all Judy DeRock		
		5:30- 6:30pm	Body Sculpt *all Judy DeRock	5:30- 6:30pm	Bootcamp *high Ryan Fournier	5:30- 6:30pm	Body Sculpt*all Judy DeRock		
5:30- 6:30pm	Bootcamp *high Ryan Fournier					6:30pm	Somatic Yoga*all Miranda Jones	4:00- 5:30pm	Cardio Kickboxing(N) Billie Esser
6:30- 7:30pm	Somatic Yoga *all Miranda Jones					6:30- 7:30pm	Taekwondo *all Mrs. Eckler/Mr. Franklin		
						6:45- 7:45pm		6:00- 7:00pm	Tiny Tumblers Julia Parcher
6:45- 7:45pm	Taekwondo *all Mrs. Eckler/Mr. Franklin								
SATURDAY					EXTRA INFORMATION				
Mommy and me(TTumblers) 11:00-11:45AM TinyTumblers 12:00-1:00pm Last Saturday of the month-Fill the Gym 9:30-11:00am					*Middle School Orientation is last Tuesday of the month Tween Night is the last Tuesday of the month				

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

*Intensity level
all = good for all activity levels