

Newsletter

Mason City Family YMCA June 2026



Meet Our Youth Development Director

Daniel Goodin has been serving as the Mason City Family YMCA Youth Development Director since January 2026.

Daniel attended Graceland University where he earned a bachelors degree in Recreation. He currently resides in North Iowa with his wife Haley, their 8 month old son Daniel, and two dogs, Zeus and Zane.

In his spare time Daniel enjoys playing Disc Golf and playing and watching soccer. He also refs high school soccer games.

What aspect of the YMCA makes you proud to work here: I love the staff, the members and the YMCA's commitment to the community. It is nice to know that other staff have you back when you are in need. I enjoy walking in each day and seeing different people. I truly feel valued working here.

What is the best piece of advice you have ever received: The best advice I have received came from my father. "Do good things". This advice has stuck with me in all that I do.

NEW STAFF

Elizabeth Mennen - Youth Counselor

Pamela Adams - Fitness Instructor

Sadie Boster-Fitness Instructor

Thomas Brotherton-Fitness Instructor

Lavinia Shafer - Fitness Instructor

April Curtis - Program Engagement Director



REMINDER

Page Turners Book Club will meet June 3rd at 10:00am to discuss the book "It happened on a Sunday" by Tracy Wolfe. We hope you will join us!

STAY HYDRATED

Staying hydrated during physical fitness is essential for both performance and overall health. Water helps regulate body temperature, lubricate joints, transport nutrients, and keep muscles functioning properly. During exercise, the body loses fluids through sweat, and without replacing those fluids, dehydration can occur.

Even mild dehydration can lead to:

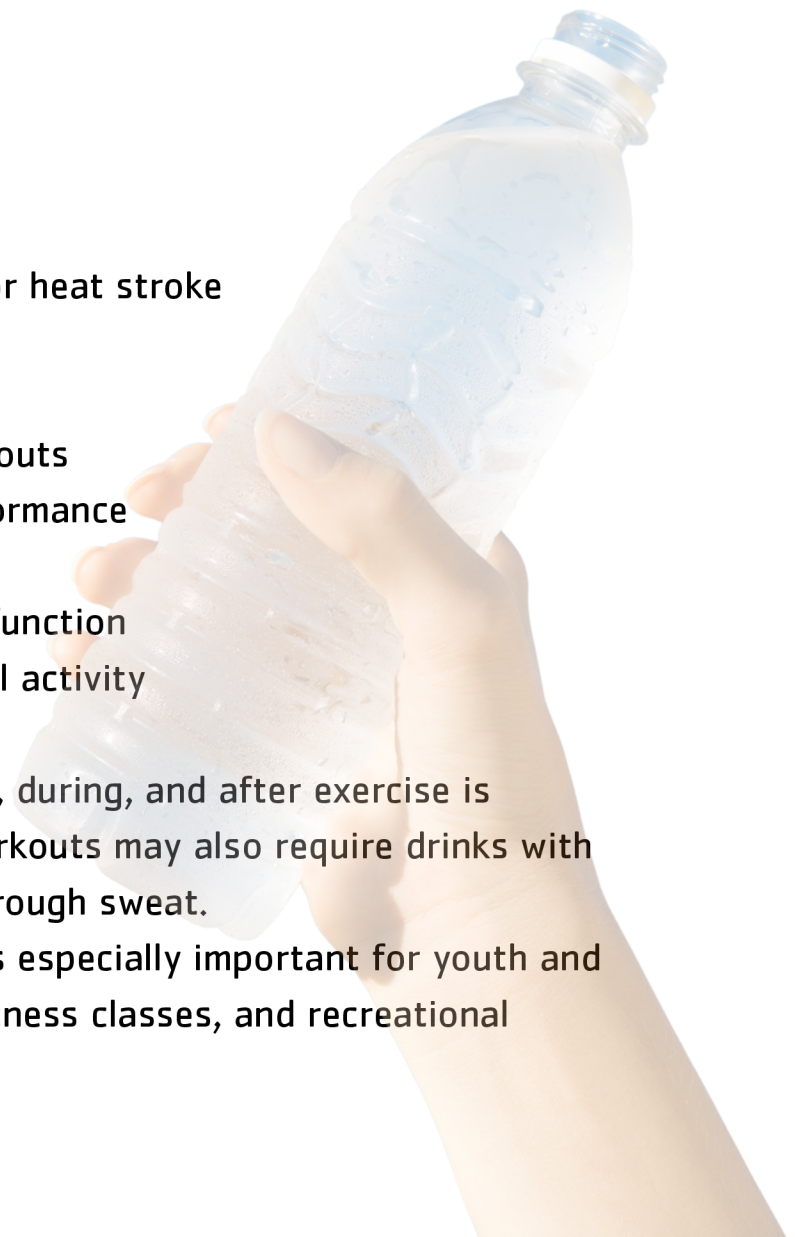
- Fatigue and decreased endurance
- Muscle cramps
- Dizziness or headaches
- Reduced focus and coordination
- Increased risk of heat exhaustion or heat stroke
-

Proper hydration helps individuals:

- Maintain energy levels during workouts
- Improve strength and athletic performance
- Recover faster after exercise
- Support healthy heart and muscle function
- Prevent overheating during physical activity
-

For most people, drinking water before, during, and after exercise is important. Longer or high-intensity workouts may also require drinks with electrolytes to replace minerals lost through sweat.

Encouraging healthy hydration habits is especially important for youth and active adults participating in sports, fitness classes, and recreational activities.





FOREVERWELL[®]

Mason City Family YMCA

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

Blue are Aqua Classes
Orange are held on the fitness floor

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 LOW AND	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	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
WET-N-WILD 9:45-10:30	GENTLE BEGINNINGS 10:00-11:00AM	LEARN TO LIFT 12:00-1:00PM	10:00-11:00AM	TAI CHI 10:30-11:15AM
AI 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	- -	- -	-

Register online at
www.masoncityymca.org
or
in person at the
Mason City Family YMCA
1840 S. Monroe Ave
Mason City, Iowa

June 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
5:15-6:00AM Bootcamp *High Pam Adams		5:15-6:00AM Bootcamp *High Pam Adams		5:15-6:00AM Bootcamp *High Pam Adams
5:45-6:30AM Cycling *all Jenn Hummel		5:45-6:30AM Cycling *all Jenn Hummel		5:45-6:30AM Cycling *all Jenn Hummel
	7:00-7:45AM Essential Movements *all Kyleigh James		7:00-7:45AM Essential Movements*all Mackenzie Burtness	
7:45-8:15AM Total Stretch *all Kyleigh James	7:30-8:30AM Beginner Hatha Yoga *all Nora Hardy		7:45-8:15AM Mobility *all Mackenzie Burtness	
8:30-9:00AM Core Builders * med Keri Mixdorf	8:30-9:15AM 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
9:15-10:15AM Circuit Cycling *high Keri Mixdorf	9:00-10:00AM Low and Slow Yoga *all Karen Regal	9:15-10:15AM Lift It * med Keri Mixdorf	9:00-10:00AM Low and Slow Yoga*all Karen Regal	9:45-10:45AM Cardio Kickboxing *high \$ Billie Esser
	10:15AM-10:30AM H.I.I.T. *all Sadie Boster		10:15AM Tabata *all Carol Keenan	
	11:15AM Tai Chi *low \$ Glen Hepker	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 Kyleigh James		12:00-1:00PM Learn to Lift *all Mackenzie Burtness		12:00-1:00PM Learn to Lift *all Kyleigh James
4:30-5:30pm Firness 4 Kids *all Taylor May	4:30-5:30PM Cycling *all Judy DeRock		4:30-5:30PM Cycling *all Judy DeRock	
5:45-6:45PM Bootcamp *med Taylor May	5:30-6:30PM Body Sculpt *all Judy DeRock	5:45-6:45PM Bootcamp *med Taylor May	5:30-6:30PM Body Sculpt *all Judy DeRock	
	6:45-7:45PM Taekwondo *all \$ Master Shafer/Brotherton			6:45-7:45PM Taekwondo *all \$ Master Shafer/Brotherton
SATURDAY				
9:30-10:30AM Dance Fit Fusion Sadie Boster			12:00-1:00PM Tiny Tumblers 6-8 Year Olds \$ Julie Parcher	
11:00-11:45AM Mommy and Me Tumbling 3-5 Year Olds & Mom \$ Julie Parcher				

Most Classes Free to Members, If there is an additional cost class marked with \$

Monthly Costs for Program Participants: Once a week classes-\$15 Twice a Week -\$25 Three times a week-\$35 **PAYMENT DUE AT TIME OF REGISTRATION**

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

*Intensity Level
All= good for all activity levels

REGISTER ONLINE @ www.masoncityymca.org
Call 641-422-5999

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.

BODYSULPT: T / TH 5:30 -6:15AM

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

BOOT CAMP AM: M/W/F 5:15-6:00 AM

BOOT CAMP PM: M/W 5:45-6:45PM

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

CARDIO KICKBOXING: F 9:45-10:45AM

Enjoy a class that brings the intensity!

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

Members: \$5 Program Participants: \$15

CIRCUIT CYCLING: M 9:15 -10:15AM

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

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

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

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

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

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

DANCE/FIT FUSION: SA 9:30-10:30AM

A high-energy dance fitness class that combines easy-to-follow choreography with

cardio and strength exercise for a fun, full-body workout. Focusing on balance work,

ESSENTIAL MOVEMENTS: T /TH 7:00-7:45AM

Please remember to Register for classes each month!

June Registration

Members: May 18th

Program Participants: May 19th

July Registration

Members: June 21st

Program Participants: June 22nd

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!

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

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

HIIT: T 9:45 -10:30AM

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 -9:00 AM

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 7:45-8:15AM

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

MOMMY AND ME: SAT. 11:00-11:45AM

Mommy and Me is a class where 3-5 Year Old Children can come to enjoy, have fun, and learn the basics of tumbling and parents can join in as well!

Members \$5 Program Participants \$10

PILATES: T/TH : 8:30 -9:15 AM

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

TABATA: TH 9:30-10:10AM

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

TAEKWONDO: T/F 6:45-7:45PM

A Korean martial art. It focuses on using both hands and feet for self-defense through techniques such as blocks, stikes, punches, and a

Members: \$15 Program Participants: \$50

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

A wide variety of styles both on the ground and in the air for Chi Kung and Tai Chi. Balance and harmony between mind and body.

Members: \$20 Program Participants: \$35

TINY TUMBLERS: SAT. 12:00-1:00PM

Tiny Tumblers is a class where little ones can come to enjoy, have fun, and learn the basics of tumbling. On Saturdays we were offering a mommy and me class so the parents can get involved as well!

Members: \$5 Program Participants: \$10

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

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

Monthly Costs for Program Participants:

Once a week classes - \$15

Twice a Week - \$25

Three times a week - \$35

PAYMENT DUE AT TIME OF REGISTRATION

REGISTER ONLINE @ www.masoncityymca.org

Call 641-422-5999

JUNE 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		
						6:45-7:30am	Aqua Athlete (3) Matt Anderegg				
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		9:00-9:45am	Wet-N-Wild (3) Bev McGowen	9:00-9:45am		Wet-N-Wild (2) Bev McGowen		9:00-9:45am	Wet-N-Wild (2) Bev McGowen	
9:45-10:30am	Wet-N-Wild (3) Bev McGowen		10:00-11:00am	Wave Makers (3) Matt Anderegg	9:45-10:30am		Wet-N-Wild (3) Bev McGowen		10:00-11:00am	Aqua Joggers (3) Matt Anderegg	
10:30-11:30am	Aqua Joggers (3) Matt Anderegg				10:30-11:30am		Aqua Joggers (3) Matt Anderegg				
12:00-1:00pm	Aqua Aerobics (3) Jacque Petersen	11:00am-5:15pm Open Rec Swim 3 Lap Lanes		12:00-1:00pm	Aqua Aerobics (3) Jacque Petersen	11:00am-5:15pm Open Rec Swim 3 Lap Lanes		12:00-1:00pm	Aqua Aerobics (3) Jacque Petersen		
					1:00-5:15pm		Open Rec Swim (3)				
1:00-8:30pm	Open Rec Swim 3 Lap Lanes		5:15-6:15pm	Wet-N Wild (3) Diane Walrod	5:15-6:15pm		Wet-N Wild (3) Diane Walrod	5:15-6:15pm	Wet-N Wild (3) Diane Walrod	1:00-8:30pm	Open Rec Swim (3)
			6:15-8:30pm	Open Rec Swim (3)	6:15-8:30pm		Open Rec Swim (3)	6:15-8:30pm	Open Rec Swim (3)		
SATURDAY					SUNDAY						
7:00-10:00am		Open Lap Swim 6 Lanes			11:00am-1:00pm		ADULT ONLY HOURS - Open Lap Swim 6 Lanes				
10:00-4:30pm		Open Rec Swim 3 Lap Lanes			1:00pm-5:30pm		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 or WHEN Y CAMP IS SWIMMING****

JUNE 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 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
10:00am-12:00pm Open Swim		10:00am-12:00pm Open Swim		
12:00-5:00pm Hospital Therapy Use Only	12:00-1:00pm Rusty Hinges Jacque Petersen	12:00-5:00PM Hospital Therapy Use Only	12:00-1:00pm Rusty Hinges Jacque Petersen	1:00-2:00pm Y CAMP
	1:00-2:00pm Y CAMP		1:00-2:00pm Y CAMP	
5:00-6:00pm Rusty Hinges Diane Carlson	2:00-4:45pm Open Swim	5:00-6:00pm Rusty Hinges Diane Carlson	2:00-4:45pm Open Swim	2:00-8:30pm Open Swim
	4:45-5:45pm Rusty Hinges Patricia Martin		4:45-5:45pm Rusty Hinges Patricia Martin	
6:00-8:30pm Open Swim	5:45-8:30pm Open Swim	6:45-8:30pm Open Swim	5:45-8:30pm Open Swim	
SATURDAY			SUNDAY	
7:00am-4:30pm Open Swim			11:00am-1:00pm ADULTS ONLY	
			1:00-5:30pm 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

DANCE



FIT FUN



Beginning June, 2026

Saturdays 9:30 AM

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

MASON CITY FAMILY YMCA

641-422-5999 | info@masoncityYMCA.org

REGISTER



HELP SUPPORT MATT'S RIDE

Matt Anderegg will be
participating in RAGBRAI
JULY 18 - 25, 2026

Starting in Onawa and ending in Dubuque, Matt's 391 mile ride is all for
the **REASON** of growing Mason City Family YMCA's endowment fund.



RIDING
For a
REASON



Pledges can be made online, via email, or in person at
MASONCITY FAMILY YMCA
1840S Monroe Ave, MasonCity, IA 50401





Join Applebee's in a fundraiser for:
Mason City Family YMCA

Please mention this fundraiser or show this flyer to your server on June 17. Applebee's will contribute 25% of your order to support our community.

When

June 17, 2026

All day

Where

**3006 4th Street S.W.
Mason City, IA 50401**

Offer valid only on select date(s). Only approved non-profit organizations and tax-exempt organizations are eligible to participate in the fundraising program. Restaurant will donate 25% of food and beverage sales to the organization. Tax and tip are excluded from the donation. Offer void if flyer is distributed in or near the restaurant. For more information about fundraising, visit <https://applebees.force4good.com>.

SUPPORTING THE
MASON CITY FAMILY YMCA

History & High Tea Fashion Show

STEP BACK IN TIME FOR AN ELEGANT AFTERNOON



Enjoy delightful
High Tea while
experiencing
a fashion show
featuring
historical styles
through the decades.



\$30 per
ticket
available at
the Mason
City Family
YMCA

June 28, 2026 at 3:00pm

Music Man Square

308 S. PENNSYLVANIA AVE
MASON CITY, IOWA