

Newsletter

Mason City Family YMCA August 2026

Your Y. Your community. Here's what's happening this month.



Meet Your Sports Director

Jaeda Whitner is from Mason City graduating, from MCHS in 2020. She attended college at Iowa Lakes where she played basketball graduating in 2022. She then went to Texas A&M Corpus Christi where she played D-I basketball graduating in 2025 with a degree in Business Administration. Jaeda grew up at the Mason City Family YMCA and loved spending her time here.

What aspect of working at the YMCA makes you proud to work here? I like working at the Y because it is community oriented. I like to see the kids smile when they make their first basket or winning their first game. I like how the YMCA is for everyone and there is always something going on for all ages. I like the team I work with.

What is the best piece of advice you have ever received? "Fear kills more dreams than failure" and "Strive for Greatness"

NEW STAFF

Jade Grillo - Membership
Devyn Hemann - Youth
Gage Hellman-Fitness Floor Sup
Cael Bierl-Membership
Megan Studer-Fitness Floor Sup
Rachel Dominguez-Nava-Youth

POOL UPDATE

Your pools are getting closer!

We're making great progress and hope to welcome you back to the pools—and celebrate the improvements with you—later this month.

Thank you for your patience while we make your Y stronger for the future

THANK YOU

You've probably noticed our team working a little harder lately!

Thank you for your patience, encouragement and kind words as they work to keep your Y looking its best.

Movement Matters – and you have options!

Whether you walk, swim, stretch, lift, cycle or take a class, moving your body is one of the best things you can do for your health. And the best exercise? The one you enjoy enough to keep doing!

Exercising regularly is the most important thing you can do for an improved health. Exercise helps to control appetite, boosts mood, and improves sleep. It also reduces the risk of heart disease, stroke, diabetes, dementia, depression, and many cancers.

Cardio: The main focus of aerobic exercise is on your heart and lungs. Activities such as walking, swimming, dancing, and cycling, if done at sufficient intensity, get you breathing faster and your heart working harder.

Strength Training: Strength training helps prevent falls, keeps bones strong, lowers blood sugar levels, and improves balance. Examples include squats, lunges, push-ups, and the exercises performed on resistance machines or using weights or bands. Recommended 2–3 times a week.

Stretching Exercises: Recommended daily. These exercises keep your muscles and tendons flexible, and improve mobility. Balance exercises help you stay upright and oriented, such as those of the inner ear, vision, and muscles and joints. Tai chi, Ai chi and yoga are great forms of balance exercises.

Not sure where to start? Ask us. We'll help you find something at the Y that fits YOU.

information gathered from: <https://www.health.harvard.edu/topics/exercise-and-fitness>



August Fitness Class 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
5:15-6:15AM 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	6:45-7:30AM Essential Movements *all Kyleigh James	5:45-6:30AM Cycling *all Jenn Hummel	6:45-7:30AM Essential Movements*all Kyleigh James	5:45-6:30AM Cycling *all Jenn Hummel
7:30-8:00AM Total Stretch *all Kyleigh James	7:30-8:30AM Beginner Hatha Yoga *all Nora Hardy		7:30-8:00AM Mobility *all Kyleigh James	
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
	10:00AM-10:15AM H.I.I.T. *all Sadie Boster		9:30-10:15AM H.I.I.T *all Sadie Boster	
	10:30-11:15AM 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 Beg.Circuit Training *all Kyleigh James		12:00-1:00PM Beg.Circuit Training *all Kyleigh James		12:00-1:00PM Beg.Circuit Training *all Kyleigh James
3:00-4:00PM Learn To Lift *all Kyleigh James		3:00-4:00PM Learn To Lift *all Kyleigh James		3:00-4:00PM Learn To Lift *all Kyleigh James
4:30-5:30pm Fitness 4 Kids *all Taylor May	4:30-5:30PM Cycling *all Judy DeRock	4:45-5:45PM Yoga Strength*high Emily Harbach	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

SAVE YOUR SPOT! Remember to register for your favorite classes each month!

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

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

BEG CIRCUIT TRAINING : M/W/F 12:00-1:00PM

A BEGINNER FRIENDLY WORKOUT THAT COMBINES SIMPLE STRENGTH AND CARDIO EXERCISES IN A CIRCUIT FORM.

BODYSCULPT: 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

Circuits 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 -9:00AM

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.

Yoga Strength: W 4:45-5:45PM

Build strength, improve balance, and increase flexibility using light weights and yoga inspired movements. Improve muscle endurance, sore stability, and mobility in a supportive class designed for all fitness levels.

August Registration

Members: July 17th

Program Participants: July 18th

September Registration

Members: August 24th

Program Participants: August 25th

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

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

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/TH 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 -9:00AM

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

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

Total body workout building muscle strength and cardiovascular conditioning.

LEARN TO LIFT: M/W/F 3:00 -4:00PM

Taught by a YMCA Personal Trainer, this class will teach you proper lifting techniques designed to help you gain confidence to do it on your own.

LIFT T! : W 9:15 -10:15 AM

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!

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

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

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, strikes, punches, and a wide variety of kicks—both on the ground and in the air. For Children and Adults.

Members: \$15 Program Participants: \$50

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 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're offering a Mommy and Me class so the parents can get involved as well!

Members: \$5 Program Participants: \$10

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**



Join us at a

Loretta Ellsworth Book Signing and Meet and Greet



Tricia Riggin Photography

We are excited to welcome Loretta Ellsworth, former Mason City resident and author of numerous acclaimed books including “Stars Over Clear Lake” and “The Jilted Countess”.

Mason City Family YMCA Page Turner’s Book Club
Building community one book at a time

17 August, 2026 | at 10:00am

1840 S Monroe Ave, Mason City, Iowa

Books will be available for purchase during this event in collaboration with Three Bells Books



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOGA STRENGTH



WEDNESDAYS 4:45 – 5:45 PM

- ▶ **FREE** for members
- ▶ **\$20** for non-members
- ▶ with instructor **Emily Harbacheck**

REGISTER



MASON CITY FAMILY YMCA

641-422-5999 | info@masoncityYMCA.org

