

October 2020 Membership Updates

We are getting back into the swing of things. If you don't follow us on [Facebook](#), you should, be the first to know about all events and the many exciting happenings for the month of **October**. Read through all of the updates and events below. You have some exciting opportunities for yourself and your families over the next 30 days! You don't want to miss out!!!

Volunteer Opportunity with a TWIST!

We are very excited to be presenting **Trunk & Treat** to the families and youth of North Iowa. **However, we NEED your help!** We are asking members to enter our TRUNK contest! You can enter as a business, group ex class, family or maybe your church or your other organization wants to get involved.

- WE have limited spots available INSIDE on the TRACK and in the GYM. WE have spots OUTSIDE with and without electricity! Reserve your spot NOW!
- If you have kiddos...rotate handing out candy with your trunk participants so you can also enjoy the event.
- We would love to see you involved so [email Stacey](#) with questions or to register.
- [Check this out for ideas!](#)

We are also looking for inflatable Halloween decorations to use during the event. If you have something we could borrow, [contact Stacey](#).

Aquatic Center Update: The lap and therapy pools are open by reservation ONLY! Call 641.422.5999 to make your reservation. The hot tub is open! Please limit time in tub to 15 minutes and no more than 2 people at a time. No reservations are required for the hot tub.

Swimming Lessons: The next session of swimming lessons will run from November 2 – December 9. Registration opens the last week of October!

Sauna and Steam Room Update: The sauna and steam rooms located in the men's and women's locker rooms will re-open Monday, October 5. Please limit time in those rooms to 15 minutes and no more than 2 people per room at a time. While the rooms were shut down, they've received new floor finishing's!

Calendar of Events:

- **October 7: Walk Iowa event.** FREE for all! Walk with the Y and Iowans in all counties during the Healthiest State Initiative. Each walk time will be led by staff inside and outside the Y. Outside walkers will walk from the Y, around Big Blue and back. Join walks at 9am (Kath & Heath), NOON (Heath & Josh) and 6pm (Stacey & Scott) and help support [Iowa's Healthiest State Initiative](#).
- **October 19-October 30: Special Group EX Workouts.** Check our Facebook Event page for Up-to-date fun workout classes. Many instructors are doing special GLOW workouts, Costume Workouts and more to safely celebrate Halloween! Classes are available FREE to all as long as space is available. This is a GREAT time to invite a buddy to work-out with you. See full details on our [Facebook event page](#).
- **October 19: GLOW WORKOUT 1** Kerri G's CYCLING 5:15-6:15p, Tracy's CIZE Class 5:15-5:45p, and Cassie's BOOTCAMP 6:00-7:00p.
- **October 20: GLOW WORKOUT 2** Judy's CYCLING 4:30-5:20p, Judy's BODY SCULPT 5:30-6:15p and CIZE/POUND Combo Class 6:30-8:00pm.
- **October 22: TEEN POUND JAM** 6:00-7:30pm in the GYM! This event is open to all but geared toward our 7th graders through college students. Lights OFF! Black Light ON! Music LOUD! Wear white and Glow. See full details on our [Facebook event page](#).
- **October 24: TRUNK & TREAT** 6:00-7:30pm! Complete with Pumpkin Contest, Mask Contest, Trunk Contest and more....See full details on our [Facebook event page](#).
- **October 26: YOUTH BASKETBALL STARTS!** Register NOW through October 19th. For ages 5yrs-4th Grade. Members: \$30/ Non-Members: \$50. Season runs 10/26/2020 through 12/19/2020. See full details on [our website](#).