



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

April 2018

YMCA AT BAPTIST NORTH | 11236 Baptist Health Drive | Jacksonville, FL 32218

CELEBRATE YOUR HEALTH

Join 100,000 adults in the US and Y's across Florida's First Coast on **Wednesday, May 30th** as we celebrate **National Senior Health & Fitness Day**. The goal of the day is to provide information and resources so people age 60 and better can stay active and healthy. Enjoy a day at the Y filled with exercise demonstrations, lectures, health screenings, vendors and more.



Invite friends, family and neighbors to this fun-filled day of activities! The member with the most guests will win a T-shirt. On May 30th, we are offering **FREE use of the Y** for those over the age of 60 who are not Y members. See your Healthy Aging Coordinator for details.



LET'S PLAY Y-I-GO!

Keep yourself fit and healthy during the Summer months by playing the Y's version of Wellness BINGO! Complete a variety of social, physical and mental activities during June, July and August and you could win our **Healthy Aging Y-I-GO Grand Prize!**

Y-I-GO cards will be available at Y branches in May. Read the upcoming May issue of *InMotion* for further details.

Ericia Moore, Executive Director

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CONNECT WITH US
FirstCoastYMCA.org



SHIP AHOY



Join the Y on the Royal Caribbean's **Brilliance of the Seas**. From October 29 – November 3, we will cruise to Key West and Cozumel, Mexico. Departure and return is from Tampa. Cabins are **\$650 for Y Members** and **\$750 for Non-Members**. Rates include round-trip ground transportation, Pre-Cruise Party, Y T-shirt and onboard Cabin Crawl party. **BOOK BY APRIL 23** with Alice Brown of **AAA Travel**:
alicebrown@aaasouth.com
(904)565-7722 ext. 3360.

SATURDAY COOKING SERIES AT BROOKS

AETNA has added the **Brooks Y** as a fifth Y location for its' popular cooking series. Join **Chuy's Tex-Mex** on **Saturday April 21 at 10:00am – 11:30am**. **RSVP** at the Welcome Center, or email; cwatson-irving@fcymca.org. The series is **FREE** and open to the community. All ages are welcome to attend.

CLASS SCHEDULE

MONDAY

5:45 am Cycle
8:30 am Cycle
9:15 am BodyPump
9:30 am Yoga
10:30 am SilverSneakers

TUESDAY

5:30 am BodyPump Exp
6:00 am Cycle
9:00 am Cardio Blast
9:30 am Beginner Yoga
10:00 am BOOM
10:30 am SilverSneakers

WEDNESDAY

5:45 am Cycle
8:00 am Line Dance
8:30 am Cycle
9:15 am BodyPump
9:30 am Yoga
10:30 am SilverSneakers

THURSDAY

6:00 am Cycle
8:00 am Line Dance
9:00 am Cardio Blast
10:00 am BOOM
10:30 am SilverSneakers
11:30 am Zumba

FRIDAY

5:45 am Ab Workout
9:15 am BodyPump Exp
9:30 am Yoga
10:00 am Zumba
11:00 am SilverSneakers

SATURDAY

9:00 am Cycle
9:00 am BodyPump
9:30 am SilverSneakers
Yoga
10:00 am BodyCombat
10:30 am Tai Chi
11:00 am Zumba

Please visit the Welcome Center for a full list of classes and descriptions.



Healthy Living for Women



**BAPTIST
HEALTH**

4her Presents: Total Control Information Session. FREE

Tuesday, April 24, 11:30 am – 12:30 pm

You shouldn't have to live in fear of embarrassment from leaking. **Total Control** is Baptist Health's medically based exercise program designed to help women strengthen the core muscles that are essential for bladder control and quality of life. Join in to learn more about how the **Total Control Program** combines exercise and education to alleviate incontinence, strengthen the core, and improve posture.



AETNA Lifestyle Cooking Series. FREE

Full of Beans! How To Cook With Veggie Protein

Wednesday, April 25, 11:30 am

Would you like to learn how to cook delicious recipes with plant based proteins instead of meat? Join chefs from **Chuy's Tex-Mex** as they demonstrate how to make nutritious and easy bean based dishes. AETNA will give away a strainer to each attendee.

RSVP at the Welcome Center. Guests welcome.



Birthday Social

Friday, April 27, 12:00 pm

Let's celebrate April birthdays' with our Y friends! Join us for a sweet treat and lots of laughter.

