

THE PREMIER LOCATION



Located just minutes away from downtown Jacksonville, the Winston Y is in the heart of the community. This central location is ideal for all those living in and commuting to the downtown, Riverside, San Marco, and Avondale areas, but also accessible from anywhere on the First Coast.



Whether it's a Group Ex class, cardio session, or lunchtime meeting, the Winston Y is a destination where friends and colleagues can get together to put the work in and get the job done.



Children of all ages will delight in the innovative KidZone, which debuts Exergaming at the First Coast Ys. This interactive game is projected onto the floor to get kids moving and engaged in fun, active play and learning.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



WINSTON FAMILY YMCA
221 Riverside Avenue
Jacksonville, FL 32202
904.355.1436

FirstCoastYMCA.org

WINSTON FAMILY YMCA PROGRAM GUIDE

YMCA OF FLORIDA'S FIRST COAST

PROGRAMS AND MORE

› Group Exercise

The new facility boasts four large studios and hosts approximately 180 classes per week when the doors open. There will be classes for all ages and levels of fitness.

› Wellness

The second-floor Wellness Center will overlook the St. Johns River and be composed of cutting-edge strength and cardio equipment. There will also be an indoor running track on the third level with the same gorgeous view.

› Personal Training

Personal Training services for both one-on-one and Unlimited Small Group sessions will be available. We are expanding our Small Group Training, Y Fit, from 12 to 25 different classes such as: Y-Fit, Fluidity Barre, GRIT and TRX.

› Aquatics

The pool area has also received a major upgrade with two pools to better serve you. The lap pool will go from 4 to 6 lanes for activities, such as: Lap Swim, Swim Team and Masters Swim. The Warm Water Program Pool will provide the opportunity to expand our fleet of Swim Lessons and Aqua Fitness classes for all levels.

› Sports

Our new Gymnasium provides many opportunities for the evolution of Adult and Youth Sports. We will 'tip off' with Adult Basketball in the Fall and start the Spring 2017 season with Indoor Soccer and Volleyball.

› Family Programs

The KidZone space will be one large area separated into three specific spaces for: 6 weeks to 1 year, 1-5 years, and 5-12 years. Our Family Program Team will bring activities, games and weekly themes to the KidZone. We will also have a green space for outdoor play and an all-new interactive gaming system for ages 5 years all the way up to the big kids and adults—merging fitness with fun!

SOMETHING FOR EVERYONE



GROUP EXERCISE

bodypump

- + BodyJam
- + BodyCombat
- + Body Attack
- + BodyStep
- + Pound Fitness
- + Tai Chi
- + Zumba
- + Yoga
- + Pilates
- + CXWORX
- + Dawn Patrol
- + SilverSneakers



GYM/ORGANIZED SPORTS

pickleball

- + Basketball
- + Volleyball
- + Badminton
- + 3 vs 3 Soccer



SMALL GROUP TRAINING

fluidity barre

- + Y-Fit
- + GRIT
- + TRX



KIDS PAID PROGRAMMING

wee chefs

- + Stroller Moms Walking Group
- + Mommy & Me Yoga
- + Music Appreciation
- + Creative Movement
- + Tumbling
- + Cheer
- + Cooking
- + Drama
- + Kids Jiu Jitsu



AQUATICS PROGRAMMING

swim lessons

- + Water Fitness
- + Swim Lessons
- + Competitive Swim Team
- + Aqua Zumba

Luther & Blanche Coggin Family HEALTHY LIVING CENTER

The Luther and Blanche Coggin Healthy Living Center, through partnerships with Baptist Health, Brooks Rehabilitation and Florida Blue, will offer a comprehensive range of programs to address health concerns of youth and adults in surrounding neighborhoods.

North Riverside and Oakland are both part of Duval County's "Health Zone One"—an area with the highest instances of mortality from cancer, heart disease, stroke and diabetes. West Jacksonville is not far behind.

The Healthy Living Center will bring programs focusing on preventive, rehabilitation and recovery into the heart of these neighborhoods where people need them the most.



We're working together for a better community. For a better Jacksonville. For a better us.™



@FirstCoastYMCA

+ ALL THIS AND MORE