



INMOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

YMCA OF FLORIDA'S FIRST COAST | www.fcymca.org | myhealth@fcymca.org | November 2025



At the First Coast YMCA, we're committed to helping you live healthier, one step at a time. We offer two impactful programs designed to support individuals living with or at risk for diabetes:

Diabetes Prevention Program – Learn how small lifestyle changes can make a big difference in reducing your risk for type 2 diabetes.

Diabetes Self-Management Program – Gain the tools and confidence to better manage diabetes and improve your overall well-being.

Both programs provide guidance, encouragement, and community support to help you thrive.

Visit our website for more information!

<https://fcymca.org/programs/healthy-living/diabetes-prevention/>

<https://fcymca.org/diabetes-self-management-and-education/>

Healthy eating on your mind?

Healthy eating shouldn't feel like a chore — it's a journey, and we're here to support you. This month, we're putting the spotlight on healthy eating habits to fuel our bodies, minds, and communities.

Whether you're looking to:

- Evaluate your pantry and fridge with fresh eyes
- Set small, realistic goals for healthier habits
- Get personalized support (including for conditions such as diabetes, high blood pressure, high cholesterol, IBS, allergies, sports nutrition, weight-management)

Visit our website to reach out to our Registered Dietitians!

<https://fcymca.org/programs/healthy-living/nutrition/>



IT'S NEVER TOO LATE TO FEEL GREAT.

ST. AUGUSTINE FAMILY YMCA | 500 Pope Road | 904.471.9622 | NOVEMBER 2025

NOVEMBER EVENTS AND ACTIVITIES

Events are offered at no cost and require reservations (unless otherwise noted). Reservations can be made in our app and online at fcymca.org.

KICKBOXING 101 with PATSY

Every Monday starting November 3rd, 6:20 - 7:10pm, STUDIO A

Join Patsy every Monday night learning fundamental skills of kickboxing.

WELLNESS FLOOR ORIENTATIONS with ANGIE

Every Monday, Wednesday, and Friday, 10:00am to 12:00pm, WELLNESS FLOOR

If you would like to learn how to use the exercise machines and/or simple exercises to do when classes get full or when coming in to the Y, please sign up for a Wellness Floor Orientation. These will be 30-minute sessions, held every Monday, Wednesday, and Friday this month between 10:00am and 12:00pm. Two registrants per session. **See Angie or the Front Desk to register.**

WALKING CLUB

Tuesdays and Thursdays in November, 8:00 – 9:00am

Would you like to enjoy Fall with friends? Please join us on local walking trails as we take in the fall scenery and weather. **REGISTRATION IS REQUIRED in the app or online. WEATHER PERMITTING.**

INTRO TO WERQ with LORI

Wednesday, November 5th, 2:00 - 2:30pm, STUDIO A

Do you love to work out and dance??? Please join Lori in studio A as she introduces WERQ, our new dance workout exercise.

LUNCH BUNCH: NATIONAL NACHO DAY

Thursday, November 6th, 1:15 – 2:30pm, CANTINA LOUIE MEXICAN RESTAURANT

Are you ready for some nachos??? Please join Healthy Aging for National Nacho Day at Cantina Louie. **REGISTRATION IS REQUIRED in the app or online. Participants will be responsible for paying for their own meals.**

CELEBRATING MICKEY MOUSE'S BIRTHDAY

Tuesday, November 18th (All day branch-wide event, no registration required.)

Almost 90 years ago, you or your parents were influenced by Mickey Mouse and now we get to celebrate him so please dress in your favorite Mickey attire and help celebrate him.

LINE DANCING: GOBBLE 'TIL YOU WOBBLE with LORI

Wednesday, November 19th, 2:00 - 2:30pm, STUDIO A

Everyone loves line dancing!!!! Please join all of our dancing friends as we work off some carbs to get ready for Thanksgiving.

BIRTHDAY CELEBRATION

Monday, November 24th, 10:00am - 12:00pm, LOBBY

Are you or someone you know celebrating a birthday in November? Please join us in celebrating yours or someone else's birthday for the month of November.