



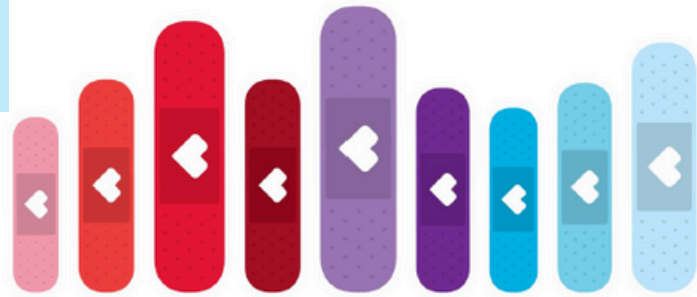
INMOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

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



Get a
FREE flu shot
with most insurance*



Are you and your family up to date on your vaccinations?

As we age, our immune system changes. That means we're more vulnerable to illnesses that vaccines can prevent.

Staying up-to-date on adult vaccines isn't just about avoiding illness. It's about remaining independent, active, and engaged in life.

A certified immunizer will be on-site.



Scan to register for your
flu shot appointment.

Date Wed, December 3rd Hours 10:00am-1:00pm

Location Brooks Family YMCA - Lobby

Available vaccine(s)

COVID-19, Influenza, Human Papillomavirus (HPV), Hepatitis B, Pneumonia, RSV (Respiratory Syncytial Virus), Shingles, Tdap/Whooping Cough

*Select vaccines are no cost with most insurance. Eligibility varies by patient and insurance plan. Eligible patients will not pay any copayments unless otherwise required by their plan, including Medicare Part B. Visit CVS.com/Vaccines for details.

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With the holidays fast approaching, it's easy for health goals to get sidelined. But now's a great time to lean into them, and we've got two programs at the YMCA that can help you stay on track (or get started):

Diabetes Self-Management Program — Learn life-changing skills to manage your blood sugar, improve your A1C, and build healthy habits. Our Diabetes educators will guide you through nutrition, monitoring, coping strategies.

12-Week YMCA Weight Loss Program — Gather weekly with others, set realistic goals, and make small, sustainable changes to your daily routine. We cover nutrition, movement, stress-management, sleep, and goal-setting.

Ready to get started? Reach out to myhealth@fcymca.org today to get started!



IT'S NEVER TOO LATE TO FEEL GREAT.

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

DECEMBER 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 December 1st, 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 December, 8:00 – 9:00am, LOCAL TRAILS

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.**

MEDITATION: "JINGLE AND BREATHE" with LORI

Wednesday, December 10th, 2:00 - 2:30pm, STUDIO A

Are the Holidays stressing you out?!?! Please join Lori in Studio A so that she can relieve some of that pressure for you through mindful meditation.

SENIOR PROM SPIRIT WEEK

Monday to Friday, December 8th through December 12th, OPEN TO CLOSE

It's time for our Senior Prom again! Please see announcements in the lobby for the week's activities and events we have scheduled for our Senior Prom. **No registration required.**

SENIOR PROM

Friday, December 12th, 5:00 – 8:00pm

Come twist the night away at our Senior Prom! Our theme this year is Grease/sock-hop, so put on your attire and join us for an amazing night! **See the Front Desk to register.**

NATIONAL UGLY SWEATER DAY

Friday, December 19th

It's time to pull out those ugly sweaters and show us your most hideous styles. Door prizes for the "most ugliest" sweater. **No registration necessary...just show up in your sweater!**

MEDITATION: "THE CALM BEFORE CHRISTMAS" with LORI

Wednesday, December 17th, 2:00 - 2:30pm, STUDIO A

Shopping! Traffic! Wrapping Presents and Finances! The stress we get from the holidays. Please Join Lori in Studio A to endure "The Calm before Christmas" while doing mindful meditation.

BIRTHDAY CELEBRATION

Monday, December 30th, 10:00am - 12:00pm, LOBBY

Are you or someone you know celebrating a birthday in December? Please join us in celebrating yours or someone else's birthday this month!