



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

YMCA OF FLORIDA'S FIRST COAST | www.fcymca.org | myhealth@fcymca.org | February 2026

FALL IN LOVE WITH YOUR HEALTH THIS FEBRUARY!

The YMCA's 12-week Weight Loss Program is designed to help people seeking a healthier weight achieve their goals by making small, modest changes to their daily behaviors. This program helps participants build skills for successful lifestyle changes.

Program Overview

- 12 weeks, with one 60-minute session each week
- Provides tools, knowledge, and group support to help you develop a healthy eating and exercise plan that works for you
- \$100/members
- \$150/non-members

Now starting at multiple locations in the First Coast! Email myhealth@fcymca.org for more information!

Introducing YMCA Recovery Solutions

WHY TRY IT?

- ✓ Relieve muscle soreness & stiffness
- ✓ Reduce stress & anxiety
- ✓ Improve circulation & flexibility
- ✓ Recover faster after workouts
- ✓ Feel your best—every day

FOR JUST \$25/MONTH:

**Daily 25-min Recovery Session
(Less than \$1/day)**

CRYOLOUNGE+



HYDROMASSAGE



Now at Brooks, Brown, and Winston Family YMCA!

Members from any First Coast YMCA location can use the recovery rooms at any of these three branches. You do not need a First Coast membership to add this upgrade to your membership.

IT'S NEVER TOO LATE TO FEEL GREAT.

BARCO NEWTON FAMILY YMCA | 2075 Town Center Blvd | 904.278.9622 | **FEBRUARY 2026**

FEBRUARY 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.

REMINDER! Come play PICKLEBALL at the Y!

Senior Chair Volleyball

Every Wednesday, 12:30 – 1:30pm, Gymnasium

Join Cholita to have fun with your Y friends while getting in a great workout.

Coffee and Convo

Fridays, February 6th and 20th, 10:00am – 12:00pm, Common Area

Come for the coffee and stay for the fellowship!

Painting Party

Monday, February 9th, 12:45 – 2:00pm, Family Activity Center

Come and join us for a Valentine's Day-themed painting class. Drinks will be provided.

Book Club

Thursday, February 12th, 10:00 – 11:00am, Family Activity Center

Come join our book club to discuss the latest book, A Danger to the Minds of Young Girls, by Adam Morgan

Game Day: Pictionary

Monday, February 16th, 12:45 - 1:45pm, Family Activity Center

Come enjoy a good old fashioned, interactive game of Pictionary with Cholita!

Orientation: Intro to Machines

Wednesday, February 18th, 2:00 - 3:00pm, Wellness Floor

Come join Cholita for an introduction to the machines on our Wellness Floor in a group setting. Whether you're a seasoned member or just joining us, this will be an informative session for all.

Special Class: Cardio Circuit

Monday, February 23rd, 12:45 – 1:30pm, Gymnasium

Come burn some calories with Cholita for 45-minutes of out-of-the-box games that will get your heartrate up with plenty of laughs, camaraderie, entertainment and movement.

Dinner Out

Tuesday, February 24th, 4:30-6:00pm, Ruby Tuesdays

Come enjoy dinner at Ruby Tuesdays in Fleming Island.

Participants will be responsible for paying for their own meals.