



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.

MCARTHUR FAMILY YMCA | 1915 Citrona Drive | 904.261.1080 | **FEBRUARY 2026**

FEBRUARY EVENTS AND ACTIVITIES

Events are free for members and require reservations (unless otherwise noted). Reservations can be made in our app and online at fcymca.org.

Tech 101: All Things FCYMCA

Wednesday, February 3rd, 10:30 – 11:30am, Lobby

Technology can be tricky, but we can help! Bring your phone and we can help you set up the **FCYMCA app**. We can walk you through some of the features the app has to offer, such as checking your **Perkville** points, booking your favorite group class, **Y360** and receiving alerts from the facility.

Game Day! Board & Card Games

Wednesday, February 4th & 18th, 4:00 – 5:30pm, Lobby

Bring your favorite board or card games to provide mental stimulation and friendly competition! Some games/cards will be provided onsite, but feel free to bring your favorite, if you wish.

Crochet Club

Wednesday, February 11th & February 25th, 10:30 – 11:30am, Studio A

A beginner-friendly crochet class where participants learn the basics: how to hold a hook and yarn, basic stitches, and how to read simple patterns. Great for anyone who's never crocheted before or wants to build confidence while making a small project.

Arts & Craft: Front Porch Beads

Wednesday, February 11th, 12:30 – 2:00pm, Studio B

Join our hands-on bead workshop to create a bracelet. Have fun working with beads, learning new skills, and making many new friends along the way.

Color Walk

Monday, February 18th, 10:00 – 11:00am, Amelia Park (meet on the Y Porch)

Meet new people or bring a friend, enjoy intentional time in the outdoors, and support mental wellbeing together. Meet outside on the YMCA porch. **Weather permitting.**

Pickleball 101

Thursday, February 19th, 9:00 – 10:00am, Gymnasium

An introductory pickleball session designed for first-time players. You'll learn the fundamentals: how to serve, score, move on the court, and basic game rules. Equipment is usually provided, and no prior experience is required. **12 spots available**, so be sure to make your reservation!

Arts & Craft: Flower Wreath

Thursday, February 19th, 12:30 – 2:00pm, Studio B

Join us for a hands-on flower wreath-making event where creativity meets nature. Learn simple techniques to design your own beautiful, seasonal wreath while enjoying a relaxed and social atmosphere. Perfect for beginners and flower lovers alike. All supplies will be provided. **7 spots available...be sure to make your reservation!**

Technique Class: Smart Start BodyPump

Tuesday, February 24th, 9:15 – 9:45am, Studio A

Join us for an energizing workshop designed to teach members the fundamentals of Les Mills BodyPump. Learn proper technique, movement patterns, and training tips to build strength safely and effectively; all in a motivating, supportive environment.