



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.

ST. AUGUSTINE FAMILY YMCA | 500 Pope Road | 904.471.9622 | **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.

KICKBOXING 101 with PATSY

Every Monday starting February 2nd, 4:20 - 5:10pm, 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 into 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.**

PICKLEBALL 101

Tuesday, February 3rd and Thursday, February 5th, 8:00 to 10:00am, BASKETBALL GYM

Would you like to join the YMCA and friends with a fun game of pickleball? Please join us the first week of February for a fun game of open play pickleball with friends.

NATIONAL HEART DISEASE in WOMEN DAY

Friday, February 6th, ALL DAY, FACILITY

Please wear **RED** and join us in recognizing National Heart Disease in Women Awareness and Advocacy.

TECH 101: TECHIE TUESDAY

Every Tuesday during February, 1:00 – 2:00pm, Front Desk with Angie

Need help with the app? Help signing up for classes? Please see Angie at the front desk during Techie Tuesday to get you going in the right direction.

LINE DANCING POP-UP CLASS: BOOTS, BEATS, AND BE MINE

Wednesday, February 11th, 2:25 to 2:55pm, STUDIO A

Do you love line dancing? Well come and be ours for Valentines

LINE DANCING POP-UP CLASS: HONKY TONK HEARTS

Wednesday, February 25th, 2:25 - 2:55pm, STUDIO A

We keep on line dancing and stepping into a good new. Please join us in Studio A with Lori. Boots aren't necessary but those dancing feet are!!!

BIRTHDAY CELEBRATION

Friday, February 27th, 10:00am to 12:00pm, LOBBY

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