



# IN MOTION

## A NEWSLETTER FOR ACTIVE OLDER ADULTS

YMCA OF FLORIDA'S FIRST COAST | [www.fcymca.org](http://www.fcymca.org) | [myhealth@fcymca.org](mailto: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](mailto: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.

YMCA AT BAPTIST NORTH | 11236 BAPTIST HEALTH DRIVE | 904.592.9622 | **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](http://fcymca.org).

### PARTY AND PLAY: BINGO AND BIRTHDAYS

**Wednesday, February 4<sup>th</sup>, 12:30 - 2:30pm, Studio A**

Join us for an afternoon shouting your favorite word...BINGO. At the same time, let's celebrate the February birthdays of our fellow members!

### PRESENTATION: TECH 101 and RECOVERY SOLUTIONS

**Thursday, February 5<sup>th</sup>, 10:00 - 10:45am, Wellness Center**

Come get answers about the Y App. As well, get all of the information about our new Recovery Solutions...Cryo-lounge and Hydromassage!

### WALKING CLUB: WEAR RED for LOVE YOUR HEART MONTH

**Friday, February 6<sup>th</sup>, 8:30am - 12:30pm, Healthy Living Trail**

In recognition of Heart Health month, wear your RED and walk our Healthy Living Trail any time between 8:30am-12:30pm.

### BOOK CLUB

**Wednesday, February 11<sup>th</sup>, 12:30pm-2:30pm, Studio A**

Join us for the discussion of the book Mrs. Endicott's Splendid Adventure, a novel by Rhys Bowen.

### BOWLING

**Wednesday, February 18<sup>th</sup>, 12:00 - 1:30pm, Batt Family Fun Center (1838 Cassat Ave)**

Get out and knock over some pins. You get shoes, hotdog, fries, and soda for \$12.99.

**\*Registration is required. Payment can be made directly at the Fun Center.**

### ARTS AND CRAFT: COLOR ME CALM

**Monday, February 23<sup>rd</sup> 12:30pm-2:00pm, Kidzone**

Come and enjoy a quick "getaway" with relaxing music and coloring materials specific for relaxing and calming.

### BLACK HISTORY LUNCH AND TALENT SHOWCASE

**Wednesday, February 25th, 12:30pm - 2:30pm, Studio A**

Come watch your Y family showcase their talents while we celebrate Black History Moments and enjoy good food! **Please visit the Welcome Center for more information, cost, and to register.**

### SPECIAL EVENT: LOVE YOUR HEART: BASELINE HEALTH SCREENING

**Wednesday, February 25<sup>th</sup>, 7:30am - 12:30pm, Wellness Center**

This screening is free and includes, measurements, blood pressure, blood sugar, and cholesterol screening