



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.

YMCA AT NOCATEE | 400 Colonnade Drive | 904-671-9622 | **FEBRUARY 2026**

FEBRUARY EVENTS AND ACTIVITIES

Events are offered at no cost and require reservations.

Reservations can be made in our app and online at fcymca.org.

Email Libby at eblumberg@fcymca.org for questions or suggestions.

Mahjong Meetup

Every Friday, 2:00 - 5:00pm, Multipurpose Room

Join fellow experienced players for a game that sharpens the mind and brings friends together!

Game Day: Mexican Train Dominoes

Tuesday, February 10th, 2:00 - 3:30pm, Multipurpose Room

Join fellow members for the game Mexican Train. Beginners welcome...this game is easy to learn and loads of fun!

Pop-up Class: SilverSneakers BOOM Muscle

Thursday, February 12th, 2:15 - 3:00pm, Studio A

Join trainer and instructor Willie for a SilverSneakers BOOM Muscle class! This Sclass incorporates athletic-based exercises that improve overall body conditioning. You'll move through groups of exercises that focus on different muscle groups to tone and strengthen.

Lunch Bunch

Monday, February 16th, 1:30 - 2:45pm, Cantina Louie (10870 US 1 North)

Meet us at Cantina Louie for a fun lunch with Y friends!

Participants will be responsible for paying for their own meals.

Tech Talk

Thursday, February 19th, 2:00 - 2:30pm, Multipurpose Room

Join staff for an informational session about the Y website, app, and Y360.

Book Club

Tuesday, February 24th, 3:30 - 4:30pm, Multipurpose Room

Join fellow book lovers for a meaningful discussion of this month's book, Anxious People by Fredrick Backman.

Coffee and Convo

Wednesday, February 25th, 9:30 - 10:30am, Seasons Café at the YMCA

Enjoy lively conversation over coffee while making new friends!

Participants will be responsible for paying for their own coffee and/or food items.

Presentation: Recovery Solutions at the YMCA

Thursday, February 26th, 2:00 - 2:30pm, Multipurpose Room

Join staff for an informational session about our Recovery Solutions offerings, now available at the YMCA!

DID YOU KNOW?! If you have a Renew Active, SilverSneakers, or Silver and Fit membership, you can visit ANY of our 13 branches for classes, Wellness Floor workouts, events, and activities without charge!