



INMOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

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

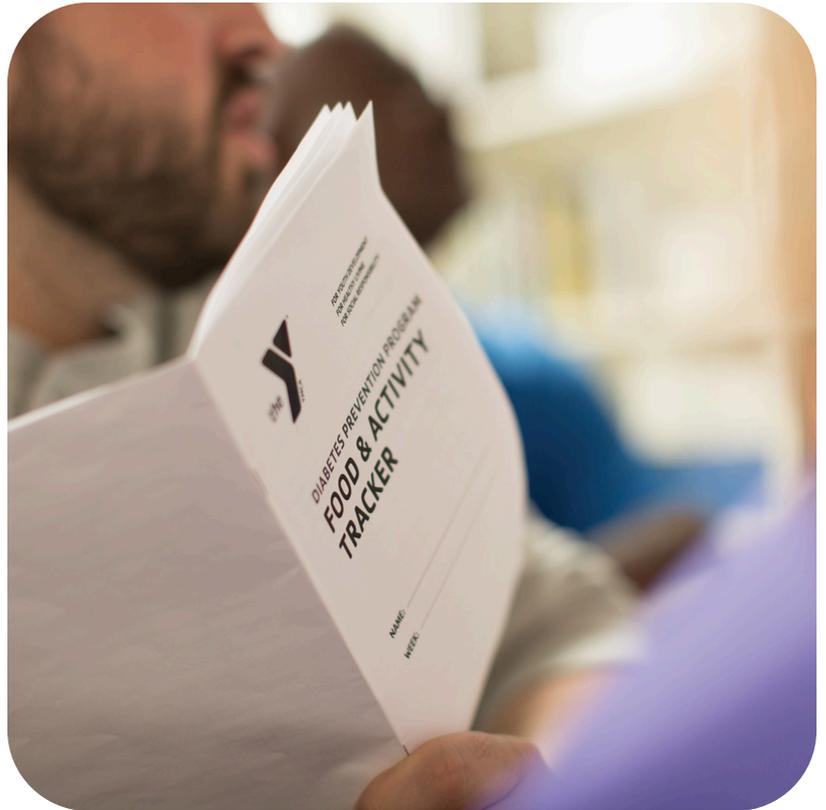
PROGRAM SPOTLIGHT

DIABETES PREVENTION PROGRAM

The Diabetes Prevention Program isn't an exercise or nutrition lecture series. It's a year-long program that starts with 16 weekly one-hour group sessions led by a trained lifestyle coach. Participants learn about healthy eating, physical activity, and behavior change in a classroom setting. After the core sessions, meetings shift to bi-weekly and then monthly to support long-term progress.

DIABETES SELF-MANAGEMENT & EDUCATION

In a small group setting, our ADCES-certified Diabetes Community Care Coordinators will lead discussions, in a safe environment, that help participants make better self-management decisions in managing their diabetes.



Spring Into Health This March!

March is the perfect time to spring into better health! Refresh your wellness goals and enjoy how the Y supports your mind, body, and spirit. Use the longer days to walk outside, enjoy seasonal produce, and try water and gentle strength classes made for you. Ready to FastForward your fitness? Join FastForward Fitness, a free orientation with a YMCA Wellness Coach to set goals, learn equipment, and find classes and resources that fit your pace. Members who attend are 4–6× more likely to build healthy habits!



IT'S NEVER TOO LATE TO FEEL GREAT.

MCARTHUR FAMILY YMCA | 1915 Citrona Drive | 904.261.1080 | MARCH 2026

MARCH 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.

Yoga: Start Here

Tuesday, March 3rd, 12:30 to 1:30pm, Studio A

Want to boost your flexibility and relax your mind, but you've never tried yoga before? Get started on your yoga practice with beginning poses and instruction to start you on your yoga journey.

Tech 101: All Things FCYMCA

Wednesday, March 4th, 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 Perkiwauke points, booking your favorite group class, Y360 and receiving alerts from the facility.

Game Day! Board & Card Games

Wednesday, March 4th and March 18th, 3:00 – 4:30pm, KidZone

Bring your favorite board or card games to provide mental stimulation and friendly competition! Variety of games provide onsite.

Crochet Club

Wednesday, March 11th & March 25th, 10:30am – 12:30pm, Hangtime Room

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.

Presentation: Sleep Seminar

Friday, March 13th, 11:45am – 1:00pm, Hangtime Room

Having trouble getting your ZZZ's? Let's talk about what might be getting in the way of a healthy night's sleep and exchange some ideas for getting a better night's sleep. **Registration Required.**

A Walk in the Park

Monday, March 16th, 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, March 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! 12 reservations available!

Walking Group: Japanese Walking Method

Monday, March 26th, 10:00 – 11:00am, Amelia Park (meet on the Y Porch)

Make the most of your walking practice with the technique of interval walking. We'll alternate every 3 minutes between exerting ourselves moderately and then walking at a leisurely pace. Research tells us that this technique improves aerobic fitness and lowers blood pressure.