



INMOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

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

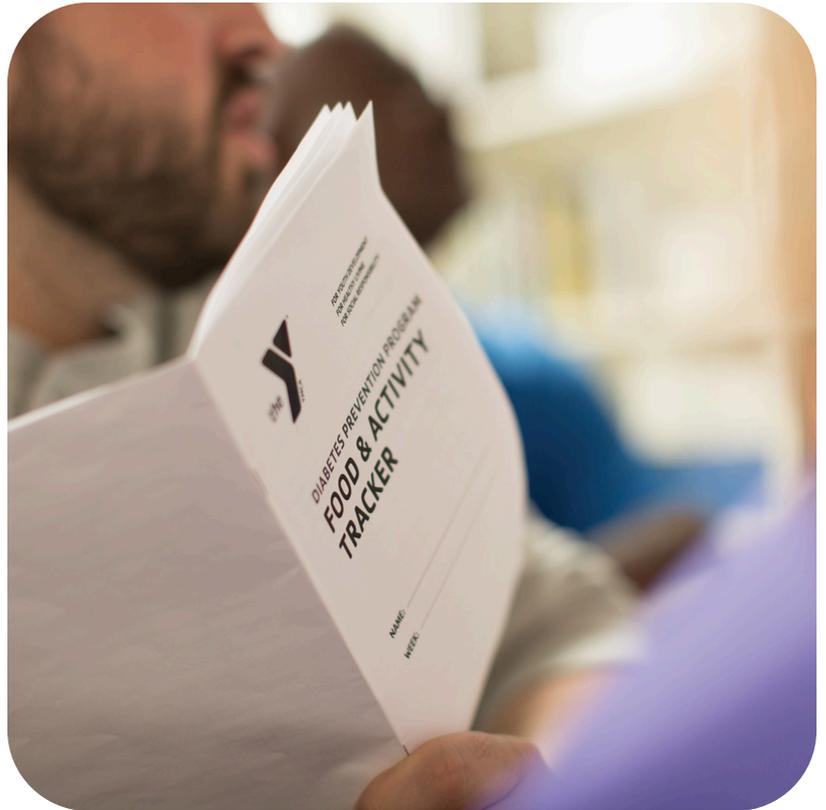
PROGRAM SPOTLIGHT

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.

ST. AUGUSTINE FAMILY YMCA | 500 Pope Road | 904.471.9622 | MARCH 2026

MARCH 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 March 2nd, 4:20 - 5:10PM, STUDIO A

Join Patsy every Monday night learning fundamental skills of kickboxing. **Please register in the app or online.**

TECH 101: TECHIE TUESDAY

Every Tuesday, Month of March, 1:00 to 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.

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.**

MAHJONG

Wednesday, March 4th, 12:30 to 3:30PM, WEST ST. AUGUSTINE YMCA

Let's get ready for some brain games with friends. Please join us every Wednesday at the West St. Augustine YMCA for a fun game of Mahjong. We will meet in the Healthy Living Room. **Please register in the app or online.**

ARTS AND CRAFTS: SPRING CRAFTING with ANGIE

Monday, March 16th, 12:30 to 2:30PM, Kids Zone

What would Spring be without a craft? Please join us in Kids Zone, across from the facility, to create Spring Suncatchers with Angie. **Please register in the app or online.**

LINE DANCING: SHAMROCK SLIDE with ANGIE BENNETT

Wednesday, March 4th, 2:25 to 2:55PM, STUDIO A

Do the Shamrock Slide with Angie Bennett!!! Please join us in Studio A as we kick off the month of March with a Shamrock line dance. **Please register in the app or online.**

LUCKY LINE SHUFFLE with ANGIE BENNETT

Wednesday, March 18th, 2:25 - 2:55PM, STUDIO A

Whether you're a seasoned stepper or brand new to line dancing, wear a splash of green and bring your best energy. Let's stomp, shuffle and sham-ROCK the floor with friends. **Please register in the app or online.**

BIRTHDAY CELEBRATION

Friday, March 31st, 10:00AM to 12:00PM, LOBBY

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