



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.

YMCA AT BAPTIST NORTH | 11236 Baptist Health Drive | 904.592.9622 | 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.

GAME DAY: BOARD GAMES

Wednesday, March 4th, 12:30 - 2:30pm, Studio A

Join us for an afternoon of friendly competition!! Cards, board games, Mahjong, and more!

TECH 101

Thursday, March 5th, 10:00 - 10:45am, Wellness Center

Come get answers about the Y App, learn how to sign up to become a volunteer, and so much more!

BOOK CLUB

Wednesday, March 11th, 12:30 - 2:30pm, Studio A

Join us for the discussion of the book Theo of Golden, a novel By Allen Levi.

ARTS AND CRAFTS: ST. PATRICK'S DAY CRAFTING

Tuesday, March 17th, 12:30 - 2:30pm, KidZone

Bring some magic to your holiday by joining our St. Patrick's Day crafting session!!

BOWLING

Wednesday, March 18th, 12:30 - 2:30pm Batt Family Fun Center (1838 Cassat Ave)

Get out and knock over some pins with your Y friends. Cost is \$14.99, which includes two games, shoes, a hotdog, fries, and a soda.

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

WALKING CLUB

Friday, March 20th, 9:00 - 10:00am, Baptist North Healthy Living Trail

WEAR GREEN and join us as we kick-off the Spring season with a walk on our outdoor trail. Three laps equals one mile. Grab a friend...let's go!

PARTY AND PLAY: BINGO AND BIRTHDAYS

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

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

PRESENTATION: YMCA RECOVERY SOLUTIONS

Monday, March 30th, 12:00 - 1:00pm, Studio B

Come and learn about the First Coast YMCA's newest offering: Recovery Solutions! We will be providing information about our Cryolounge and Hydromassage beds.