



INMOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

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

Blood Pressure Self-Monitoring at the YMCA

Did you know that high blood pressure often has no symptoms but can increase your risk for heart disease and stroke? The YMCA's Blood Pressure Self-Monitoring Program is designed to help you take control of your health with the support you need. Over the course of the program, you'll learn how to monitor your numbers, understand what affects your blood pressure, and make small lifestyle changes that can lead to lasting results. Reach out to myhealth@fcymca.org for more info!

Make a difference this May!

We're looking for volunteers for two exciting events happening this May.

- Team Smiles on May 8th, helping provide meaningful care and support to the community. Visit <https://fcymca.org/ironman-jacksonville-volunteer/> for more information
- IRONMAN Jacksonville on May 16th, a world-class triathlon that will welcome athletes from around the globe to swim, bike, and run through our city.

Volunteers are key to creating a positive, welcoming experience, come be part of something impactful and help bring these events to life!



IRONMAN
JACKSONVILLE



Scan the code to sign up for TeamSmiles



IT'S NEVER TOO LATE TO FEEL GREAT.

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

APRIL 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 April 6th, 4:20 - 5:10pm, STUDIO A

Join Patsy every Monday night learning fundamental skills of kickboxing.

WELLNESS FLOOR ORIENTATIONS with ANGIE

Every Monday, Tuesday, Thursday, & Friday, 10:00am - 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, Tuesday, Thursday and Friday this month between 10:00am and 12:00pm. Two registrants per session. **See Angie or the Front Desk to register.**

MAHJONG

Wednesday, April 1st, 12:30 - 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.

WALKING/RUNNING CLUB

Tuesdays & Thursdays in April, 9:00 - 10:30am, meet in the YMCA Lobby

Would you like to walk and run with friends? Join Tim, our Wellness Coordinator, every Tuesday and Thursday as we launch our Walking/Running Club.

TECH 101: TECHIE TUESDAY

Every Tuesday in April, 1:00 - 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.

LINE DANCING: EGGCELLENT LINE DANCING with ANGIE BENNETT

Wednesday, April 8th, 2:25 - 2:55pm, STUDIO A

Do some eggcellent line dancing with Angie Bennett!!! Please join us as we hop into the month of April.

LINE DANCING: HIPPIITY HOP LINE DANCE with ANGIE BENNETT

Wednesday, April 22nd, 2:25 - 2:55pm, STUDIO A

Don't stop, just hoppity hop into the line dancing class with Angie Bennett and friends.

BIRTHDAY CELEBRATION

Thursday, April 30th, 10:00am - 12:00pm, LOBBY

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