



INMOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

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

Health Blooms Here at the YMCA!

June is National Cancer Survivor Month, a time to honor the strength, resilience, and journeys of millions of cancer survivors. This month, we celebrate every survivor, honor every journey, and recognize the incredible strength it takes to keep moving forward. Whether you are a survivor, caregiver, friend, or supporter, your story matters, and you are never alone. Managing your health hits different when you've got your people. Find your crew, your rhythm, your support—right here at the First Coast YMCA #NoPlaceLikeThisPlace



THE
*Reclaim
Your
Health*
PLACE

YMCA360

Your favorite classes, workouts, and programs.
Anywhere, anytime.

YMCA360 features video content available on-demand or through livestreaming, and also includes automatic workout tracking with your fitness wearables. Experience it all at your fingertips through the YMCA360 app, online at ymca360.org, and streaming through your smart T.V. From quick movement breaks to relaxing mindfulness sessions and fun activities for the whole family, the Y is always just a click away.

The First Coast YMCA provides FREE access to YMCA360 for all active members so that they can enjoy live and on-demand classes ANY time! Simply visit ymca360.org/login to log in with the email address attached to your Y membership.



BAKER FAMILY YMCA

136 West Lowder Street
904.259.0898

JUNE 2026 Events and Activities

aendel@fcymca.org

Events are offered at no cost and require reservations (unless otherwise noted). Reservations can be made in our FCYMCA app or online at fcymca.org.

Pickleball

Every Thursday in June, 9:00 - 10:30am, Keller School Gymnasium

Meet us at the gym! Play some pickleball and make some friends!

Health and Wellness Health Fair

Saturday, June 6th, 9:00am - 12:00pm, Baker Fairgrounds

Screenings, raffles, food trucks, and over 94 vendors! Come out for a day of health! No reservation required, simply join us at the Fairgrounds!

Aqua Social

Wednesday, June 10th, 5:30 - 6:00pm, Baker YMCA Pool (Aqua class will follow at 6:00pm)

Enjoy meeting friends and socializing before aqua fitness class with light refreshments and hydration station. Enjoy the afternoon at the Y Pool! Come try it!

Pictionary (and Lunch!) with Millenium Physician Group

Thursday, June 11th, 11:00am - 12:00pm, Keller School Gymnasium

Enjoy lunch on us while you learn about our monthly health topic! **Lunch provided to all registrants...please be sure to sign up on the app to reserve your spot!**

Arts and Crafts: Sand Art

Tuesday, June 16th, 12:00 - 1:00pm, Keller School Gymnasium

Create a summertime craft to take home or share with someone special. A hands-on, joyful activity full of color and creativity. Light snacks provided.

Garden Club

Tuesday, June 23rd, 12:00 - 1:00pm, Keller School Gymnasium

Do you enjoy Gardening? Come and learn from experts each month, or enjoy garden crafts, or create gardening community projects together. Let's GROW the Garden Club!

Party and Play: Bingo, Board Games & Birthdays!

Thursday, June 25th, 12:00 - 1:00pm, Keller School Gymnasium

Enjoy games of Bingo, win prizes and have light snacks. Meet friends and celebrate birthdays for the month of June!

SAVE THE DATE: Red, White and Pool Party!

Wednesday, July 1st, 10:00 - 11:00am, Baker YMCA Pool

Celebrate America's 250th with the Y after Aqua Fitness Class! Food, friends, and fun!

Summer Pool Hours

Mondays - Fridays

8:00am - 2:00pm

4:00 - 7:00pm

Saturdays

9:00am - 1:00pm

New Classes & Programs in June!

Aqua Personal Training

Tai Chi

Morning Aqua Fitness

Line Dancing

If you would like to be a part of the Healthy Aging volunteer team, we would love to chat with you! Please email Alethea Endel at Aendel@fcymca.org for more information!