



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.



BARCO NEWTON FAMILY YMCA

2075 Town Center Blvd.

904.278.9622

JUNE 2026

Events and Activities

cszczukowski@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.**

Game Day: Game on, Seniors!

Every Wednesday, 12:30 – 1:30pm, Studio B

Stay playful while enjoying a variety of games each week to stay sharp and play hard!

Presentation: E-BIKE Safety Program

Friday, June 5th, 6:00 - 7:00pm, Family Activities Center

Learn about safety, rules and regulations, injury prevention, proper helmet use, and e-bike maintenance. This presentation will provide great information for cyclists in general, as well as driver awareness for e-bike riders and cyclists.

Walking Club: Wellness Walk

Tuesdays, June 9th & June 23rd, 9:15 – 10:00am, meet in Common Area

Get your cardio in and join us for a 45-minute wellness walk around the surrounding grounds of the Y.

Orientation: Intro to Machines

Wednesday, June 10th, 2:00 - 3:00pm, Wellness Floor

Join Cholita for an introduction to the machines on our Wellness Floor in a group setting. Whether you're a seasoned member or just joining our Y family, this will be an informative session for all.

Coffee and Convo

Thursday, June 11th and 25th, 10:30am – 12:00pm

Meet at Brew-Bakers Café (1811 Golden Eagle Way, Fleming Island)

Come for the coffee and fellowship!

Each participant will be responsible for paying for their own meal.

Dinner Out

Tuesday, June 16th 4:30pm – 6:00pm

Meet at OP Fish House & Oyster Bar (636 Kingsley Avenue, Orange Park)

Join us for food and friendship!

Each participant will be responsible for paying for their own meal.

“June is the month where sunlight lingers longer- reminding us to slow down, breathe deeply, and let our inner peace guide us forward.”