



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

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.



ST. AUGUSTINE YMCA

500 Pope Road / 904.471.9622

WEST AUGUSTINE YMCA

938 West King Street / 904.856.9622

JUNE 2026

Events and Activities

awhitney@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.**

KICKBOXING 101 with PATSY

Every Monday, 4:20 - 5:10pm, STUDIO A

Join Patsy every Monday night learning fundamental skills of kickboxing. Please bring a mat and a water bottle...along with your enthusiasm!

WALKING CLUB at WEST AUGUSTINE

Every Monday, 9:00 to 10:30am, LOCAL TRAILS

Join Dawn every Monday to explore with our Walking Club.

MAHJONG

Every Wednesday, 12:30 to 3:30pm, WELLNESS ROOM @ WEST AUGUSTINE

Let's get ready for some Mahjong! Please join us every Wednesday at the West Augustine Y.

WALKING CLUB at ST. AUGUSTINE BRANCH

Every Thursday, 8:00 to 9:30am, LOCAL TRAILS

Join Dawn every Thursday to explore with our Walking Club.

CANASTA

Every Thursday, 11:00am to 1:00pm, WELLNESS ROOM @WEST AUGUSTINE

Playing cards with friends is a lot better at the YMCA! Please join us at the West Augustine location for a fun game of Canasta.

TRIVIA

Every Friday, 10:00 to 11:00am, WELLNESS ROOM @WEST AUGUSTINE

Do you love challenging your brain? Come do so with friends that love challenges too!

ICE CREAM SOCIAL

Wednesday, June 10th, 12:00 – 2:00pm, LOBBY AT BOTH LOCATIONS

Please join us at our St. Augustine and West Augustine locations so you can enjoy a nice cold treat with friends.

ARTS AND CRAFTS: FATHERS DAY CRAFT "MESSAGE IN A BOTTLE"

Friday, June 19th, 12:00 – 2:00pm, WELLNESS ROOM @ WEST AUGUSTINE

Has your father or loved one passed away and you want to send a Father's Day message to them? Please join us at our West Augustine location to celebrate memories and foster friendships.

BIRTHDAY CELEBRATION

Friday, June 26th, 10:00am to 12:00pm, LOBBY AT BOTH LOCATIONS

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