



INMOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

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

Summer is in full swing, and July is the perfect time to invest in your health and well-being. Whether you're walking with friends, attending a fitness class, learning new healthy habits, or simply staying active each day, every step you take supports a stronger, healthier future. This month, challenge yourself to try a new class, visit a new YMCA branch, or invite a friend to join you for a workout!

Did You Know?

If you participate through SilverSneakers®, Renew Active®, or Silver&Fit®, your membership gives you access to ALL First Coast YMCA branches! To gain access to any of our locations, simply swipe your card at the Welcome Center.

Take advantage of everything the YMCA has to offer across our association, including:

- Fitness centers
- Group exercise classes (reservations are required for our group fitness classes at all Y branches)
- Pools and water fitness programs



Stay Cool, Stay Safe

Florida summers can be hot and humid! Keep these tips in mind:

- ✓ Drink plenty of water throughout the day
- ✓ Exercise during cooler morning or evening hours
- ✓ Wear light-colored, breathable clothing
- ✓ Take breaks when exercising outdoors
- ✓ Know the signs of heat exhaustion, including dizziness, headache, and excessive sweating



MCARTHUR FAMILY YMCA

1915 Citrona Drive

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JULY 2026

Events and Activities

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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.

Walking Group: Walk the Hills!

Friday, July 3rd, 9:00 – 10:00am, Meet at Egans Creek Playground (2201 Atlantic Ave.)

Meet new friends and boost the benefits of your walking practice. Let's walk the gentle undulating hills near the Lighthouse. Meet at the free parking lot in front of Egans Creek Playground on Atlantic Ave.

Tech 101: All Things FCYMCA

Tuesday, July 7th, 10:30 – 11:30am, Lobby

Bring your phone and we can help you set up the FCYMCA app. We can walk you through some of the features the app has to offer, such as checking your Perkiwille points and booking your favorite group class.

Board Games

Wednesday, July 8th & 22nd, 3:00 – 4:30pm, Lobby

Bring your favorite board or card games to provide mental stimulation and friendly competition! Variety of games provide onsite.

Pickleball 101

Thursday, July 9th, 9:00 – 10:00am, Gymnasium

An introductory pickleball session designed for first-time players. You'll learn the fundamentals: how to serve, score, move on the court, and basic game rules. Equipment is usually provided, and no prior experience is required. **(Limit 12 participants...please be sure to reserve your spot!).**

Arts and Crafts: Paint a Hummingbird

Thursday, July 9th, 4:00 – 5:00pm, Inkwell Art Bar (1925 S. 14th Street)

Learn to paint a hummingbird with oil pastels. Make a card for a friend. Meet at the Inkwell Art Bar. Supplies provided. **(Limit 8 participants...please be sure to reserve your spot!).**

Japanese Method Walking Group

Fridays, July 10th, 17th, and 31st, 9:00 – 10:00am, Meet on the YMCA porch

Meet new friends and boost the benefits of your walking practice. Following the Japanese walking method, we will walk three minutes at an elevated pace, then three minutes at a recovery pace over a period 30 - 45 minutes. This method will improve leg strength and heart health.

NOTE: No Walking Group on July 24th!

(Limit 10 participants...please be sure to reserve your spot!).

Paint Bowls at Barnabas

Wednesday, July 15th, 10:00am – 12:00pm

Barnabas Center (1303 Jasmine Street, Ste. 103)

Support the community by painting a bowl at the Barnabas center. Proceeds from the sale of bowls support the food bank. Supplies provided. **(Limit 12 participants...please be sure to reserve your spot!).**

Virtual Brain Health Seminar – Session 2

Friday, July 31st, 12:00 – 1:00pm, Your Computer at Home

Whether or not you attended session 1, you can learn more about supporting your brain health. Led by Maria Misiura, PhD and brain scientist from Georgia State University, each monthly session will explore a different pillar of cognitive health. **Please register in the app so that we can email you the link to the virtual session!**