



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



YMCA AT BAPTIST NORTH

11236 Baptist Health Dr.

904.592.9622

JULY 2026

Events and Activities

tcruz@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.

POTLUCK: SUMMER SALAD SOCIAL

Wednesday, July 1st, 12:30 – 2:00pm, Studio A

Wear your red, white, and blue...and join us for our summer kickoff and Fourth of July celebration! Reserve your spot in our app, and please **sign up at the Welcome Center to bring your favorite salad item.**

TECH 101

Thursday, July 2nd, 10:15 - 11:00am, Wellness Center

Come let us help you download and use the FCYMCA app! Learn about rewards points and get answers to any questions you may have.

COFFEE AND CONVERSATION: NEW MEMBER EDITION

Monday, July 6th, 1:00 - 2:00pm, Studio B

New member conversations that will allow the Y an opportunity to get to know you better. This will be a time for Q&A session.

BOOK CLUB

Wednesday, July 8th, 12:30 - 2:30pm, Studio A

Join our Baptist North book discussion! This month's book is The Honey Tree, by Jo Sparkes. The book is available at Amazon. Invite a friend and join us! Refreshments served.

BOWLING

Wednesday, July 15th, 12:30 - 2:30pm, Batt Family Fun Center (1838 Cassat Ave)

Get out and knock over some pins! You get two games, shoes, a hotdog, fries, and soda for \$14.99. **Registration is required. Payment can be made directly to the Fun Center.**

PAINT WITH A TWIST: SUMMER EDITION

Thursday, July 16th, 12:30 – 2:30pm, Studio A

Back by popular demand, join us as we paint the afternoon away! Cost is \$5.00 for supplies...**please be sure to register and pay at the Welcome Center!** As well, please bring a snack to share while painting.

PARTY AND PLAY: BINGO AND BIRTHDAYS

Wednesday, July 22nd, 12:30 - 2:30pm, Studio A

Join us for an afternoon shouting your favorite word... BINGO. At the same time, let's celebrate the July birthdays of our fellow members!

WALKING CLUB: LET'S GET THOSE STEPS IN!

Wednesday, July 29th, 6:30 – 7:30am, meet on the Wellness Floor

Let's beat the summer heat and get those steps in! Three laps equal one mile on our Healthy Living Trail. **Meet on the Wellness Floor** to start with some stretching, then we will head to our Healthy Living trail outside to walk. Grab a friend and let's go!