



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



ST. AUGUSTINE YMCA

500 Pope Road / 904.471.9622

WEST AUGUSTINE YMCA

938 West King Street / 904.856.9622

JULY 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.

EVENTS at ST. AUGUSTINE FAMILY YMCA (Pope Road)

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

Every Thursday, 7:30 - 8:15am, meet in the LOBBY

Join Dawn every Thursday to explore local trails.

BEGINNING YOGA

Tuesday, July 7th, 1:30 - 2:15pm, STUDIO A

Join Lori for a beginner-friendly yoga class designed to improve flexibility, balance, strength, and relaxation! Please bring your own mat and water bottle.

BINGO

Fridays, July 10th and 24th, 3:00 - 5:00pm, STUDIO A

Playing bingo cards with friends is a lot better at the YMCA! Please join us for a fun afternoon of bingo and, of course, prizes!

CHAT & CHEW with MELISSA

Friday, July 17th, 9:00 - 11:00am, LOBBY

Please join us at our St. Augustine branch to meet our new Healthy Aging Coordinator! Enjoy coffee, treats, and great conversation!

BALANCE, STABILITY & STRETCH

Tuesday, July 21st, 1:30 - 2:15pm, STUDIO A

Join Lori for a gentle, low-impact class focused on improving balance, strength, and flexibility to help you move with confidence and reduce the risk of falls. Please bring your own mat and water bottle. Suitable for all fitness levels!

BIRTHDAY CELEBRATION

Friday, July 31st, 10:00am - 12:00pm, LOBBY

Please join us in celebrating yours or someone else's birthday for the month of July.

EVENTS at WEST AUGUSTINE YMCA (King Street)

WALKING CLUB

Every Monday, 9:00 - 9:50am, meet in the LOBBY

Join Dawn every Monday to explore with our local trails.

MAHJONG

Every Wednesday, 12:30 - 3:30pm, WELLNESS ROOM

Let's get ready for some Mahjong!