



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



BAKER FAMILY YMCA

136 West Lowder Street
904.259.0898

JULY 2026
Events and Activities

mlewis@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.**

Pickleball

Every Tuesday and Thursday in July, 10:00 - 11:30am, Keller School Gymnasium
Meet us at the gym! Play some pickleball and make some friends!

Red, White, and Pool Party!

Wednesday, July 1st, 10:00 - 11:00am, Baker YMCA Pool
Celebrate America's 250th with the Y after Aqua Fitness Class! Food, friends, and fun!

Aqua Social

Wednesday, July 9th and 23rd, 5:30 - 6:00pm, Baker YMCA Pool
(Aqua class will follow at 6:00pm)

Enjoy meeting friends and socializing before aqua fitness class with light refreshments and hydration station provided by the Baker County Health Department. Enjoy the afternoon at the Y Pool! Come try it!

Arts and Crafts: Floral Arrangement

Wednesday, July 15th, 10:00 - 11:00am, Keller School Cafeteria
Create a summertime arrangement and decorate a vase to take home or share with someone special. A hands-on, joyful activity full of color and creativity. Light snacks provided.

Christmas in July Yard Sale

Saturday, July 18th, 10:00am - 1:00pm, Keller School Gymnasium
CHRISTMAS IN JULY + EVERYBODY'S HAVING A YARD SALE! Join us for one of Baker County's biggest summer shopping events **at the Baker County Fairgrounds!**

Party and Play: Bingo, Board Games & Birthdays!

Thursday, June 25th, 12:00 - 1:00pm, Keller School Gymnasium
Enjoy games of Bingo, win prizes, and munch on some light snacks. Meet friends and celebrate birthdays for the month of July!

Thank you to the Baker County Department of Health for sponsoring Hydration Stations at the Aquatics Center on several days throughout July!

Summer Pool Hours

Mondays - Fridays

**8:00am - 2:00pm
4:00 - 7:00pm**

Saturdays

9:00am - 1:00pm

New Classes & Programs!

**Aqua Personal Training
Tai Chi
Morning Aqua Fitness
Line Dancing
Wednesday Mornings**

If you would like to be a part of the Healthy Aging volunteer team, we would love to chat with you! Please email Alethea Endel at Mlewis@fcymca.org for more information!