



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



WILLIAMS FAMILY YMCA

10415 San Jose Blvd.

904.292.1660

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.**

Bible Study

Every Friday, 12:30 - 1:30pm, Healthy Living Center

Come together to read/discuss the Bible in a structured and meaningful way. Open to all denominations.

Urban Soul Line Dancing

Friday, July 3rd, 6:00 - 7:30pm, Studio A

Join in the fun and bring a friend for some line dancing fun! Wear your Red, White and Blue!!

Red, White, and YOU- Pool Party Potluck

Friday, July 3rd, 10:00 - 11:30am, Pool Deck

Join the fun on the pool deck celebrating the holiday! Bring a dish and bring a friend!

Coffee & Convo

Monday, July 13th, 10:00 - 11:00am, Lobby

Come enjoy a great cup of coffee, light snack, and a good conversation.

Game Day

Tuesday, July 14th, 3:00 - 4:30pm, Lobby

It's time for PING PONG! Also, enjoy a variety of different games. Bring your friends!

Lunch and Learn, sponsored by the Williams YMCA Wellness Department

Wednesday, July 17th, 12:00 - 1:00pm, Healthy Living Center

Join our trainers for knowledge on the latest training for our active older adult members...along with fun and food! **Lunch provided to all registrants...reservations required!**

Book Club

Tuesday, July 21st, 1:15 - 2:30pm, Front Lobby

Blind date with a book! Bring a book wrapped up and swap out with other members! Invite a friend and let's get our Book Club back in action for 2026!

Arts and Crafts

Tuesday, July 21st, 3:00 - 4:30pm, Healthy Living Center

Staff-led and loads of fun! Come join us and make some one-of-a-kind sand art! Summer is here!

Crochet Club

Thursday, July 23rd, 3:00 - 4:30pm, Healthy Living Center

Come and enjoy crocheting with your Y friends...and even learn how to crochet. We will make various items to donate to other nonprofit organizations.

Party and Play: Beach-y Bingo & Birthdays!

Thursday, July 30th, 3:15 - 5:00pm, Studio B

Fun, prizes, and more!!! If you are celebrating a birthday in July, stop by BINGO and enjoy a sweet treat with your AOA friends and family. (**Beach Party** theme...wear your favorite Hawaiian shirt and sunglasses!)

NEW PROGRAMS STARTING THIS FALL!!

Summer Pickleball Hours

Monday-Friday

2:15 - 4:15pm

Sunday 10:00am - 12:00pm

If you would like to be a part of the 50 and Better volunteer team, we would love to chat with you! Please email Alethea Endel at Mlewis@fcymca.org for more information!