



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

January 2018

FLAGLER CENTER FAMILY YMCA | 12735 Gran Bay Parkway, Suite 201 | Jacksonville, FL 32258

## FIESTA AT SEA WITH THE YMCA!



Calling all people age 50 and better who enjoy sunshine, crystal blue waters and fun! Join us as we set sail on the Royal Caribbean's "**Brilliance of the Seas**". We depart from Tampa Port on October 29<sup>th</sup>. During this five day cruise, we will visit Key West before setting sail for Cozumel, Mexico. We return to Tampa on November 3<sup>rd</sup>. Rates are **\$650 per Y member** and **\$750 for non-members**. Prices are based on double occupancy. Port fees, taxes, Gratuities, roundtrip ground transportation, cruise T-shirt and Pre-Cruise Party are included in the rate. There are only 28 cabins available. Book your stateroom today!

## WELCOME OPTUM FITNESS ADVANTAGE MEMBERS!

From 1st January 2018 the First Coast YMCA is accepting Optum Fitness Advantage. Plan holders of an eligible Medicare Advantage Plan insured by United Healthcare Co. can use Y at no cost. To check eligibility call the toll free number on the back of your health insurance card and for more information, visit [fitnessadvantage.optum.com](http://fitnessadvantage.optum.com)

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**CONNECT WITH US**  
[FirstCoastYMCA.org](http://FirstCoastYMCA.org)



## SAVE THE DATE

**Brain Awareness Week**

March 12<sup>th</sup> – 16<sup>th</sup>.

## WINTER UNF CLASSES AT THE Y

What better way to pass the winter days than learning a new skill at the Y! UNF's Winter Catalogue of Continuing Education classes is now available. Four Y locations will offer 15 unique classes, including Smartphone Filmmaking to Creative Mosaics, Photography and Kayaking. Classes start from \$25 per session.

**The 100<sup>th</sup> Y member to register for a UNF class at a Y location will receive a \$100 UNF gift card.**

Pick up a catalogue at a participating Y branch, view it online and register at, [firstcoastymca.org/unf/](http://firstcoastymca.org/unf/) or visit the Welcome Desk.



## LUNCH BUNCH

Thursday, January 15

12:30 pm

Wing It!

11018 Old St Augustine Rd,  
Jacksonville, FL 32257

## HAPPY HOUR

Thursday, January 18

6 pm – 8 pm

Join us for a monthly Healthy Happy Hour featuring the exercise class **Les Mills POUND**, mocktails, PRIZES and mingling.

## LEARN SPANISH!

You can learn Spanish for FREE! Every **Monday at 12:30** in the large conference room, join Aida a one hour session of Espanol.

## BROWNN BAG BOOK CLUB!

The **second Friday of each month** join us for a Book Club discussion at 12:30pm! Visit our Facebook page for the book of the month.

## SALAD BAR POTLUCK

Thursday, January 18  
at 12:30 PM

Enjoy lettuce from the grow tower during our monthly Salad Bar Potluck. Please sign up for the topping(s) that you plan to share at the Welcome Center.

**Visit the Welcome Center desk for more information.**

## CLASS SCHEDULE

### AOA DANCE

Monday, 10:30 am

### AOA Stretch & Tone

Monday, 11:15 am

### SILVER SNEAKERS STABILITY

Monday, 11:45 am

### SILVER SNEAKERS CLASSIC

Tuesday, 10:30 am

### CHAIR YOGA

Wednesday, 11:30 am

### Line Dancing

Thursday, 11:30am

### SILVER SNEAKERS CLASSIC

Friday, 11:30 am

### Try something NEW!

### SILVERSNEAKERS

### BOOM

11:30 AM

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## PERSONAL TRAINING AT FLAGLER

Schedule a **FREE 15-minute Fitness Assessment** with Prateen and receive **\$10 Y Bucks**. Sign up at the Welcome Center.

**Hours:** M/W/F 10 am – 1:30 pm

ONE ½ Hour Session: \$25

Package of 4: \$90

SPECIAL! 3 for \$49\*

ONE 1 Hour Session: \$45

Package of 4: \$162

SPECIAL! 3 for \$79\*

## IT'S TIME TO RELAX AND REJUVENATE

Massage therapy can lower anxiety and high stress levels, enhance circulation, increase joint flexibility and reduce fatigue. **Appointments available on Monday and Wednesday between 9 am – 12 noon.** Only \$30 for 30 minutes or \$60 for 60 minutes. See the Welcome Center staff to schedule an appointment with our LMT, Peggie.

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## IT'S NEW! SILVERSNEAKERS BOOM IS HERE

Diversify your routine and build STRONG muscles with the new **SilverSneakers BOOM!**

This class will have your building muscles to support your active lifestyle. And the music is reminiscent of the decades from the 60's to today's best hits.

**FRIDAYS at 11:30 AM**

