



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

January 2018

PONTE VEDRA FAMILY YMCA | 170 Landrum Lane | Ponte Vedra Beach, FL 32082

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 29th. During this five day cruise, we will visit Key West before setting sail for Cozumel, Mexico. We return to Tampa on November 3rd. 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

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CONNECT WITH US
FirstCoastYMCA.org



SAVE THE DATE

Brain Awareness Week
March 12th – 16th.

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 100th 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/ or visit the Welcome Desk.



EVENTS

Yoga for Survivors

Thursdays

Jan 4-25

11:30am | HLC: FREE

This class is taught by an experienced yoga instructor certified by the Christina Phipps Foundation. They will guide cancer patients, survivors and others with range of motion and pain limitations through a gentle and safe yoga practice.

The Road to Wellness

Mondays

January 8-29

11:45am/HLC

This 4 part series will start you on your path to health and well-being with a focus on physical, emotional, mental, and spiritual well-being. The program includes The Road to Wellness workbook, individual pre and post program screenings and 4 one –hour group classes. (\$20.00 program fee)

Ask The Expert;

Injury Prevention &

Running Mechanics

Wednesday, Jan 10

5:30pm. FREE

Join Paul Provenzano, from Baptist Beaches Rehabilitation as he explains proper running mechanics and how to prevent injury during training and racing.

Mindful Meditation

Mondays Jan 8-29

6pm

In this series of four 1.5 hour classes you'll learn how to relax your body, use your breath to focus your thoughts and create a more compassionate outlook on life. (\$30.00 series fee)

AGE 50 AND BETTER CLASS SCHEDULE

FUNCTIONAL FITNESS

Monday, Wednesday

10:30am

SILVER SNEAKERS

Tuesday, Thursday

10:30am

PICKLE BALL

Monday 10am-12pm

Tuesday 10am-1:30pm

Wednesday 10am-12pm

Thursday 10am-1:30pm

STEP & SCULPT

Wednesdays

8:30am

AQUA FITNESS

Monday -Thursday

9:30am – 10:30am

GENTLE STRETCH

Fridays

10:30am

NEW!

"BOOM" FITNESS

Fridays

8:30AM

LINE DANCING

Fridays

1:30pm

Magic of the Movies "Concert"

Jacksonville Symphony

Friday, January 26th

The score, songs, music and movies are inextricably connected. Relive *Gone with the Wind*, *The Wizard of Oz*, *Titanic*, *The Way We Were* and many more as the Jacksonville Symphony performs songs from your favorite films!

Leave 9:30am – return 3pm. Meet at PV YMCA to board the bus. Cost, \$50.00members/ \$55.00 non-members Concert ticket and transportation is included. We will stop for lunch after the concert, which is not included in the price. Space is limited! Register at Welcome Center!

New Class; "BOOM" Fitness

Beginning January 5th

Fridays, 8:30 – 9:30am

The Ponte Vedra YMCA is excited to offer this new fitness class! Each "BOOM" class consists of 3 parts: Move, Muscle and Mind. You will combine cardio in the Move section, strength building in the Muscle section, and Core, Balance and Stretching in the Mind section.

Join Agnes and start your day with a "BOOM"!!

