



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

August 2017

YMCA AT BAPTIST NORTH | 11236 Baptist Health Drive | Jacksonville, FL 32218

RACE TO WIN OVER \$1,000 IN PRIZES



Join the Y and AARP for the "Race of Ages" on November 4th, and your team could win over \$1,000 in prizes. This intergenerational version of the *Amazing Race* will comprise teams of people from age 30 to 80. Each team will solve clues and participate in challenges through downtown Jacksonville. The team will have the opportunity to sharpen their skills and train with a series of exciting pre-event clinics. Start recruiting neighbors, family and friends to form your team! Teams consist of 6 people and the cost is \$120 per team. Registration is limited and open from August 28th – September 15th. Visit your Y for additional information.

PARTY HARDY ON OCTOBER 26TH

Age 60 and better Y members who attend the Y 108 times before September 30th are invited to this free party on October 26th at the Jesse Ball DuPont Center.

Keep swiping in at the Y and you'll receive an invitation to enjoy entertainment, awards, food and prizes.



Ericia Moore, Executive Director

P 904-296-3220 E emoore@firstcoastymca.org

CONNECT WITH US
FirstCoastYMCA.org



SAVE THE DATE

Active Aging Week
September 24th to 30th

4th Annual Health Insurance Road Show
October 2nd – 7th

FREE UNF CLASSES AUGUST 21st and 26th

Interested in learning photography or want to use the iPhone better? Then join UNF instructors at the Y to sample these FREE classes and others. Attendees will be entered into a drawing to win a \$25 UNF gift certificate.

AUGUST 21
iPhone Fundamentals
Brooks Y, 11:45am - 12:45pm
Self Defense
Brooks Y, 1pm - 2:30pm
Cooking to Kickstart Your Health
Winston Y, 10am - 12pm

AUGUST 26
Silk Flower Design
Ponte Vedra, 10am - 11am
Photography
Ponte Vedra, 11am - 12pm



CLASS SCHEDULE

MONDAY

5:45 am Cycle
8:00 am Yoga
8:30 am Cycle
9:15 am BodyPump
10:30 am SilverSneakers

TUESDAY

5:30am BodyPump Exp
6:00am Cycle
9:00am Cardio Blast
10:30am SilverSneakers

WEDNESDAY

5:45am Cycle
8:00am Line Dance
8:30am Cycle
9:15am BodyPump
9:30am Yoga
10:30am SilverSneakers

THURSDAY

6:00am Cycle
9:00am Cardio Blast
10:30am SilverSneakers
11:30am Zumba
2:00pm Line Dance

FRIDAY

9:15am BodyPump Exp
9:30am Yoga
10:00am Zumba
11:00am SilverSneakers

SATURDAY

9:00am BodyPump
10:00am BodyCombat
11:15am CORE
11:00am Zumba

Please visit the **Welcome Center** for a full list of classes and descriptions

Silver Reward Winner
Alice Ross

BIRTHDAY SOCIAL

**Thursday, September 7,
12:30 pm**

Join us as we gather to celebrate all our September birthdays. Sweet treats will be provided as we sing "Happy Birthday!" and enjoy this time of fellowship. Hope to see you there!



NEW MEMBER RECEPTION

Thursday September 14, 9:30am

Kick-start your YMCA membership! Meet other members and the Y team. Learn about your membership benefits, including exercise classes and events, and how to use equipment on the Wellness Floor. Sign up at the Welcome Center!

CHAIR YOGA & MEDITATION

Saturday August 26, 8:00am

Join our new instructor Leticia for SilverSneakers Yoga. You will learn poses and stretches you can do seated, or use a chair for additional support. This is an excellent way to practice yoga for anyone, especially those with limited mobility.



ADULT MENTAL HEALTH FIRST AID TRAINING

Tuesday August 29, 8:30am – 5:00pm

The training will cover common mental health challenges for adults, how to refer someone to resources, and how to recognize symptoms and get someone help. This is a free class.

BINGO!!

YOU ASKED FOR IT, IT'S HERE!

**Thursday September, 21
12:30pm**

Join us for Bingo designed for fun, but it will also keep your brain healthy and clear as we age. No stress! Just a fun way to keep us in tip top shape from head to toe.

