



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# MORE OPTIONS. MORE VALUE.

## Membership Options YMCA OF METRO DENVER

The YMCA is a place to get healthy, have fun and connect with friends and family. We are a welcoming place - beyond work and home - where all people feel they can be their true selves, achieve health and wellness and connect with their community. Discover the perfect YMCA membership to meet your goals and your budget. Through the generosity of our donors, YMCA financial assistance is available for most memberships and programs.

AMENITIES	Y-STARTER	Y-PREMIUM	Y YOUR WAY
State-of-the-art cardio and weight training equipment.	✓	✓	✓
Pool access (at five locations)	✓	✓	✓
Free personalized sessions with nutritionist, wellness coach, equipment orientation	✓	✓	✓
Fitness App with challenges, workouts and a supportive digital community	✓	✓	✓
Access to all YMCA of Metro Denver locations	✓	✓	✓
Y360 with 1500+ virtual classes and programs	✓	✓	✓
Member savings on Y programs like Personal Training, Art Classes, Swim Lessons, Nutrition, Camp, Sports, Cooking + More	✓	✓	✓
Early registration on Y programs	✓	✓	✓
The latest smart E-GYM equipment	✗	✓	✓
Fitness Classes	✗	✓	✓
Access to YMCAs nationwide	✗	✓	✓
Free monthly seminars	✗	✓	✓
Free access to groups such as hiking, gardening, book club and other social clubs	✗	✓	✓
2 hours of YMCA Adventure Zone (supervised play time)	✗	✓	✓
Access to up to 6 YMCA program credits per month at no additional cost. Programs such as art, cooking, nutrition and dance classes; HIIT; Kid's Night Out; massage*; small group training; sports conditioning; and sports leagues*.	✗	✗	✓

\*Some restrictions apply. See website for full details.

# There's a Membership Type for you.

	<b>Y-STARTER</b> Individual Option Only Ages 13+	<b>Y-PREMIUM INDIVIDUAL</b> Ages 13+	<b>Y-PREMIUM COUPLE</b> 2 individuals (one must be 18+), same household	<b>Y-PREMIUM HOUSEHOLD</b> 2 Adults + up to 6 dependents ages 23 and under, same household	<b>Y YOUR WAY</b> at least one adult must be 18+
<b>MONTHLY OPTION</b> No long term contracts, cancel with 5-day notice before the next monthly draft, must stay active through one billing cycle	\$36	\$56	\$76	\$96	introductory price of <b>\$136</b>
<b>YEARLY OPTION TO SAVE MORE</b> Save when you choose a yearly prepaid non-refundable agreement		\$576 (Save \$96)	\$776 (Save \$136)	\$979 (Save \$176)	
<b>VIRTUAL Y &amp; Y360</b> Access to 1500+ live and on-demand videos +3 visits a month to one of our 6 wellness centers	\$12.99/month				

**DISCOUNTS:** Corporate, Senior, Military and Single Parent discounts are **only available on monthly premium membership levels (not available for yearly option)**. Scholarships available for Y-Starter and Y-Premium membership types. One discount per account. Y Your Way memberships are not eligible for discounts or scholarships.

## DOWNLOAD OUR FREE MOBILE APP!

- Faster check-ins
- 1500+ workouts
- Classes reservations
- Join a fitness challenge
- Free to all Y members



GOOGLE PLAY



APP STORE

