



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

\*Ages 13-17 must have a legal parent/guardian present at point of purchase for membership.

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.

Prices and amenities subject to change at the discretion of the YMCA.

### 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

