



December 26, 2024

Make the most of your YMCA experience by exploring new activities and making lasting memories with friends! This monthly email highlights our exciting health and wellness and adult programs, helping you stay in the loop. Members can now sign up for programs through December. Don't miss out — check out the details and register below! 📌

Arvada YMCA:

Jan. 7 | **Kettlebell Technique Series** | [Register](#)
Jan. 7 | **Build Your Own Workout** | [Register](#)
Jan. 8 | **Exercise as Medicine Series** | [Register](#)
Jan. 10 | **Women on Weights Series** | [Register](#)
Jan. 11 | **Yoga for Weightlifting Series** | [Register](#)
Jan. 13 | **Beginner Yoga Series** | [Register](#)
Jan. 16 | **Gong Bath** | [Register](#)
Jan. 28 | **Nutrition Workshop** | [Register](#)
Feb. 4 | **Barbell Technique Series** | [Register](#)
Feb. 5 | **Women on Weights Series** | [Register](#)
Feb. 5 | **Exercise as Medicine Series** | [Register](#)
Feb. 8 | **Intro to Yoga Philosophy** | [Register](#)

Aurora YMCA:

Jan. 8 | **Women on Weights Series** | [Register](#)
Jan. 8 | **Intro to Pilates Reformer Series** | [Register](#)
Jan. 12 | **Sounds Bath Workshop** | [Register](#)
Jan. 15 | **TRX Circuit Training** | [Register](#)
Jan. 18 | **Foam Rolling Workshop** | [Register](#)
Feb. 5 | **Women on Weights Series** | [Register](#)
Feb. 5 | **Intro to Pilates Reformer Series** | [Register](#)
Feb. 9 | **Partner Yoga** | [Register](#)
Feb. 12 | **TRX Circuit Training** | [Register](#)
Feb. 15 | **Foam Rolling Workshop** | [Register](#)

Center of Generations:

Jan. 2 | **Gong Bath** | [Register](#)

[See full Center of Generations Older Adult Program Calendar.](#)

Downtown YMCA:

Jan. 7 | **Men on Weights Series** | [Register](#)
Jan. 8 | **Trauma Informed Yoga** | [Register](#)
Jan. 9 | **Women on Weights Series** | [Register](#)
Jan. 11 | **Intro to Pilates Reformer** | [Register](#)
Jan. 22 | **Improv Dance** | [Register](#)
Jan. 24 | **Intro to Weights** | [Register](#)
Jan. 25 | **Intro to Jumpboard** | [Register](#)
Feb. 4 | **Men on Weights Series** | [Register](#)
Feb. 8 | **Intro to Pilates Reformer** | [Register](#)
Feb. 12 | **Trauma Informed Yoga** | [Register](#)
Feb. 19 | **Improv Dance** | [Register](#)
Feb. 21 | **Intro to Weights** | [Register](#)
Feb. 22 | **Intro to Jumpboard** | [Register](#)

Littleton YMCA:

Jan. 2 | **Women on Weights Series** | [Register](#)
Jan. 8 | **Intro to Reformer Pilates Series** | [Register](#)
Jan. 8 | **Intro to Pickleball Series** | [Register](#)
Jan. 15 | **Bone Density Workshop** | [Register](#)
Jan. 27 | **Posture Improvement Workshop** | [Register](#)
Feb. 5 | **Pickleball Improver Clinic** | [Register](#)
Feb. 11 | **Fix Your Feet** | [Register](#)
Feb. 24 | **Fundamentals of Stretching** | [Register](#)

Southwest YMCA:

Jan. 7 | **Intro to Pilates Reformer Series** | [Register](#)
Jan. 7 | **Women on Weights Series** | [Register](#)
Jan. 11 | **Pilates Reformer Balance & Therapeutic Stretch** | [Register](#)
Jan. 15 | **Soma Breath for Stress Relief** | [Register](#)
Feb. 4 | **Intro to Pilates Reformer Series** | [Register](#)
Feb. 4 | **Women on Weights Series** | [Register](#)
Feb. 8 | **Pilates reformer for Balance & Therapeutic Stretch** | [Register](#)
Feb. 8 | **Power Reformer Workshop** | [Register](#)

University Hills YMCA:

Jan. 7 | **Women on Weights Series** | [Register](#)
Jan. 8 | **Intro to TRX Series** | [Register](#)
Jan. 27 | **Nutrition Workshop** | [Register](#)
Feb. 4 | **Running Strength Series** | [Register](#)
Feb. 4 | **Women on Weights Series** | [Register](#)
Feb. 5 | **Intermediate TRX** | [Register](#)
Feb. 6 | **Running Strength Series** | [Register](#)
Feb. 6 | **Soma Breathwork** | [Register](#)
Feb. 21 | **Gong Bath** | [Register](#)

[See All Upcoming Programs](#)



Ignite Your Fitness with Studio Y HIIT Workouts

Looking to challenge yourself and reach your health goals? Studio Y offers high-intensity interval training (HIIT) designed to transform your fitness routine. With heart rate tracking, functional exercises, expert guidance and team motivation, you'll burn calories efficiently and enjoy every moment.

Why Choose Studio Y HIIT?

- **Maximize Your Workout:** Burn more calories in less time and boost your metabolism for hours after your session.
- **Support Your Goals:** Shed fat, build muscle and improve your cardiovascular health.
- **Track Your Progress:** Utilize the Myzone heart rate monitoring system, available at all wellness center front desks, to log your workouts and stay motivated.

Try Studio Y FREE in January. Details coming soon....

[Elevate Your Training](#)



Cheer on the Nuggets, Support the Y

Join us for Y Night! A portion of ticket sales will go to the YMCA of Metro Denver. [Get your tickets.](#)

Denver Nuggets vs. Detroit Pistons
Saturday, December 28, 7 PM
Ball Arena



Wellness Center Hours

- December 31: Early Closure at 3 PM
- January 1, 2025: Open 7 AM - 3 PM

For details on programs and services, see your registration confirmation or [contact us online.](#)



FREE Member Activities

Come on out to these free member activities to connect with your Y community, make new friends and have some fun:

Arvada YMCA:

- Jan. 3 | **Les Mills launch** | 8:30 AM
- Jan. 4 | **Bodypump** | 9 AM
- Jan. 5 | **Bodycombat** | 10:15 AM

Aurora YMCA:

- Jan. 10 | **Monthly Breakfast Outing** | 9:30-11:00 AM
- Jan. 10 | **Cards & Board Games** | 11:15 AM

Downtown YMCA:

- Jan. 6 | **Bodypump** | 5:30 PM
- Jan. 6 | **Bodycombat** | 6:30 PM

Littleton YMCA:

- Jan. 13 | **Hot Cocoa Table** | 11 AM

University Hills YMCA:

- **Mahjong** | Monday's & Friday's | 1:30 PM - 3:30 PM in our Adventure Zone room
- **Sudoku** | Wednesdays 10:30 AM - 12:30 PM in our lobby

Visit the front desk of your wellness center for more info about member activities.



Join the Y in 2025

Be part of something special. At the Y, we are a community that understand your wellness is about spirit, mind and body. As a YMCA member, you'll enjoy full access to our facilities and amenities, plus up to a 40% off programs like summer camp, youth sports and swim lessons.

Join the Y by January 31, 2025 and save! We've dropped our join fee to \$2.25 - a \$47.75 savings!

[Join the Y](#)



YMCA OF METROPOLITAN DENVER
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VISION: Strong, thriving and equitable communities dedicated to the health and well-being of all.

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