



November 22, 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:

- Dec. 6 | **Barbells & Brunch** | [Register](#)
- Dec. 10 & 17 | **Build Your Own Workout** | [Register](#)
- Dec. 12 | **Gong Bath** | [Register](#)

Aurora YMCA:

- Dec. 4 | **Women on Weights Series** | [Register](#)
- Dec. 4 | **Intro to Pilates Reformer Series** | [Register](#)
- Dec. 5 | **Pilates Reformer Series** | [Register](#)
- Dec. 14 | **Foam Rolling Workshop** | [Register](#)

Center of Generations:

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

Downtown YMCA:

- Dec. 7 | **Intro to Pilates Reformer** | [Register](#)
- Dec. 10 | **Intro to Zumba** | [Register](#)

Littleton YMCA:

- Dec. 12 | **Ageless Fitness** | [Register](#)

University Hills YMCA:

- Dec. 13 | **Gong Bath** | [Register](#)

[See All Upcoming Programs](#)



Denver YMCA Thanksgiving Hours:

November 28

- All Centers Closed
- Y Academy Closed
- Out of School Time / Thanksgiving Camps Closed

November 29

- Centers Operating Regular Hours
- Y Academy Closed
- Out of School Time / Thanksgiving Camps Closed



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.

Denver Nuggets vs. New York Knicks
Monday, November 25, 7 PM
Ball Arena

[Get Tickets](#)



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.

Ready to Take the Next Step? Join us for a Studio Y workout and experience the mental inspiration and social connection that will keep you coming back.

[Elevate Your Training](#)



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:

- Book Group | 4th Monday of every month | 11 AM – 12 PM
- Jam Session | Tuesdays | 10:15 – 11:15 AM
- CheckMates Chess Club | Wednesdays | 11 AM – 12 PM
- Creative Writing Group | Wednesdays | 12 – 1 PM
- Crafty Companions – B.Y.O.Crafts Club | Fridays | 1 – 2 PM

Downtown YMCA:

- Nov. 25 | Spanish Language Club | 5 – 6 PM
- Nov. 27 | Pickleball Club | 8 – 9 AM
- Nov. 28 | New to Denver Club | 6 – 7 PM
- Dec. 2 | Young Professionals Meet & Greet | 6 PM
- Dec. 3 | Creative Endeavors Arts & Crafts Group | 6 – 7 PM
- Dec. 6 | Board Game Club | 6 – 7 PM
- Dec. 11 | Christmas Cookie Bar | 5 – 6 PM
- Dec. 13 | Book Club | 6 – 7 PM

Southwest YMCA:

- Dec. 12 | Letters to Santa & Reindeer Food Making | 4 PM
- Dec. 15 | Breakfast with Santa | 9 AM
- Dec. 18 | Cookie Exchange | 9 AM

University Hills YMCA:

- Dec. 18 | Member Appreciation Day | 10 AM – 6 PM

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



Make Denver Healthier in Just 60 Seconds

Help our friends at Denver's Department of Public Health and Environment make our city even healthier. **Denver City and County residents, [take this 1-minute survey](#) by December 6!**

BLACK FRIDAY SAVINGS
365 DAYS OF WELLNESS



30% OFF ANNUAL YMCA MEMBERSHIP FOR ONE DAY ONLY!
[denverymca.org/join](#) • Use code BF30 at checkout

Black Friday Y Membership Deals You Don't Want to Miss:

- **Get 30% off an annual membership** on Black Friday (Nov. 29) ONLY | Code: BF30
- **Get 25% off an annual membership** on Saturday, Sunday & Monday following Black Friday | Code: BF25

YMCA OF METROPOLITAN DENVER
Association Services

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

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