



October 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:

Oct. 23 | **Exercise as Medicine Series** | [Register](#)
Oct. 29 | **Strength & Conditioning for Endurance Series** | [Register](#)
Nov. 6 | **Women on Weights Series** | [Register](#)
Nov. 7 | **Sip & Paint (21+)** | [Register](#)

Aurora YMCA:

Oct. 30 | **Women on Weight Series** | [Register](#)
Oct. 30 | **Intro to Pilates Series** | [Register](#)
Nov. 23 | **Foam Rolling Workshop** | [Register](#)

Center of Generations:

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

Downtown YMCA:

Nov. 9 | **Intro to Reformer & Tower** | [Register](#)
Nov. 12 | **Trauma Informed Yoga** | [Register](#)
Nov. 14 | **Women on Weights Series** | [Register](#)

Littleton YMCA:

Nov. 5 | **Women on Weights Series** | [Register](#)
Nov. 5 | **Fix Your Feet Workshop** | [Register](#)
Nov. 6 | **Pickleball Improver Clinic Series** | [Register](#)
Nov. 6 | **Intro to Reformer Pilates Series** | [Register](#)
Nov. 8 | **Adult Boxing Series** | [Register](#)
Nov. 10 | **Ageless Fitness** | [Register](#)
Nov. 11 | **Fix Your Feet Workshop** | [Register](#)

Southwest YMCA:

Nov. 4 | **SOMA Breath for Stress Relief** | [Register](#)
Nov. 4 | **Women on Weights Series** | [Register](#)
Nov. 5 | **Intro to Pilates Reformer Series** | [Register](#)

University Hills YMCA:

Oct. 29 | **Women on Weights Series** | [Register](#)

[See All Upcoming Programs](#)



Certified Older Adult Fitness Trainers

The demand for certified older adult fitness trainers is increasing — and you can find them at the Y! Choosing a certified older adult fitness trainer ensures a tailored and safe approach to your fitness. Find a trainer and get started on your goals.

[Start Your Health Journey](#)



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. L.A. Clippers
Saturday, October 26, 3 PM
Ball Arena

[Get Tickets](#)



Experience Mindfulness and Stress Relief with a Gong Bath Session

Gong baths help you bring mindfulness into your routine and prepare for future stress. This practice is designed to promote relaxation, reduce stress and restore balance as we navigate our busy lives

Offered at:

- Arvada YMCA
- University Hills YMCA

[Embrace the Healing Power of Sound](#)



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.Craft s Club: | Fridays | 1 - 2 PM

Aurora YMCA:

- Oct. 25 | Older Adult Activities — Book Club, Lunch Outing, Tile Game | 9:30 AM – 3:15 pm

Southwest YMCA:

- Nov. 6 | Chili Cook-off | 12 PM
- Nov. 9 | Family Game Night | 6 PM
- Nov. 11 | Coffee with Correen | 10 AM
- Nov. 20 | Friendsgiving | 11:45 AM

University Hills YMCA:

- Nov. 4 | Coffee with Jake | 10 AM
- Nov. 21 | Thanksgiving Potluck | 12 PM

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



During the month of October,
[Join the YMCA for \\$0 Join Fee.](#)
As a Member, if you refer a friend who joins the Y, you receive a month of FREE membership. [Learn more.](#)



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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