



Y'S UP: THE LATEST ADULT PROGRAMS

January 24, 2025

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. Don't miss out — check out the details and register below! □



New Year, New Programs — Improv Dance

Discover the joy of movement with Improv Dance, a new program offered at the **Downtown YMCA** for ages 18 and up. This dynamic class introduces the core principles of dance improvisation, emphasizing spontaneity, intuition and authentic self-expression.

Whether you're a seasoned dancer or a beginner, this program invites you to explore creative freedom and connect with others in a supportive and inspiring environment. Join us to unleash your inner artist and move with confidence!

Discover Your Inner Dancer

See More New Programs and Activities

Arvada YMCA:

- Jan. 28 | **Nutrition Workshop** | [Register](#)
- Feb. 4 | **Barbell Technique Series** | [Register](#)
- Feb. 5 | **Exercise as Medicine Series** | [Register](#)
- Feb. 7 | **Women on Weights Series** | [Register](#)
- Feb. 8 | **Intro to Yoga Philosophy** | [Register](#)

Aurora YMCA:

- 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:

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

Downtown YMCA:

- Jan. 24 | **Intro to Weights** | [Register](#)
- Jan. 25 | **Intro to Pilates 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 Pilates Jumpboard** | [Register](#)

Littleton YMCA:

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:

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 Pilates Reformer Workshop** | [Register](#)

University Hills YMCA:

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](#)

Live Better — YMCA Diabetes Prevention Program



"There have been major changes for me since I've been in this program. I enjoy living again. This program is amazing." – Program Participant

Do you know if you have prediabetes? Would you like to lose weight? Do you want to feel better and have more energy?

The year-long, evidence-based Diabetes Prevention Program (DPP) at the YMCA of Metropolitan Denver has received a Full Plus Recognition status from the Centers for Disease Control (CDC). This full recognition status is an A+ grade indicating that our program exceeds standards set by the CDC.

Enrolling now for classes — options available virtually and in-person, in Spanish and English.

Upcoming Sessions:

- **Virtual in Spanish:** Mondays | 11 AM – 12 PM | Starting Jan. 27
- **University Hills YMCA:** Tuesdays | 12 – 1 PM | Starting Feb. 25
- **Arvada YMCA:** Thursdays | 12 – 1 PM | Starting Feb. 27

Improve Your Health with DPP

Take the Test to See if You're at Risk



Pick Up a New Hobby — Pickleball at the Y

Pickleball is the perfect way to stay active, connect with others and enjoy a fast-growing sport! With drop-in dates and times available at all YMCA locations, you can easily find a game that fits your schedule. For those looking to take their skills to the next level, we offer [Improver Pickleball clinics](#) at the **Littleton YMCA**, designed to enhance your technique, strategy and confidence on the court.

[Check out Upcoming Pickleball Drop-In Dates](#)

From the Experts





Did you know that some breakfast foods include as much added sugar as the recommended amount for an entire day? Nutritionist Liz is back with tips for what to try and what to avoid to start your day right! ☐☐☐

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From the Experts is your go-to section for practical tips and expert advice from our YMCA team, covering a variety of topics to help you thrive in every aspect of your life!



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