



Y'S UP: THE LATEST ADULT PROGRAMS

April 23, 2025

Discover new ways to engage with the YMCA by trying fresh activities and creating unforgettable moments with friends! Each month, this email brings you the latest on our health, wellness and adult programs, keeping you informed and inspired. Stay connected — explore the details and sign up below! □

Spring into Strength — 10% Off Personal Training & Pilates in May! □



[View Pilates Packages](#)



[View Personal Training Packages](#)

Ready to feel stronger, move better and stay motivated? This May, we're making it easier than ever to commit to your wellness.

From **May 1 – 31**, enjoy **10% off all Personal Training and Pilates Reformer packages** at all **YMCA of Metro Denver locations!**

- ☐ No limit on how many packages you can purchase.
- ☐ Work with certified, supportive trainers.
- ☐ *All packages expire 6 months from the date of purchase.*

Real Results. Real Members. ↓



"I've employed a number of personal trainers, but I'd have to say that my personal trainer at the Denver Y is one of the best. My Y trainer displays a wealth of knowledge and passion about strength training, clearly communicates and demonstrates routines step-by-step, listens well and is always open to addressing follow-up questions or concerns even post-session — all this with an affable, authentic and thoughtful personality."

Arvada YMCA:

- Apr. 26 | **Fine Tuning Your Yoga Postures** | [Register](#)
- Apr. 29 | **Med Ball & Explosive Training Technique Series** | [Register](#)
- May 2 | **Women on Weights Series** | [Register](#)
- May 3 | **Pranayama for a Calmer Mind Workshop** | [Register](#)
- May 5 | **Pickleball Performance Workshop** | [Register](#)
- May 31 | **Yoga Philosophy Club** | [Register](#)

Aurora YMCA:

- Apr. 27 | **Sip & Paint** (21+) | [Register](#)
- May 6 | **Muscle Recovery & Injury Prevention Workshop** | [Register](#)
- May 7 | **Balance & Falls Prevention Series** | [Register](#)
- May 7 | **Women on Weights Series** | [Register](#)
- May 10 | **Joint Mobility Workshop** | [Register](#)

Center of Generations:

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

Downtown YMCA:

- May 30 | **Yoga Workshop** | [Register](#)

Littleton YMCA:

- May 5 | **Posture Improvement Workshop** | [Register](#)
- May 6 | **Women on Weights Series** | [Register](#)
- May 7 | **Intro to Pickleball Series** | [Register](#)
- May 19 | **Fundamentals of Stretching Workshop** | [Register](#)

Southwest YMCA:

- May 6 | **Women on Weights Series** | [Register](#)

University Hills YMCA:

- May 1 | **Running Strength Series** | [Register](#)
- May 6 | **Women on Weights Series** | [Register](#)

[See All Upcoming Programs](#)

From the Experts



Power Up with Medicine Ball Moves!

Looking to add explosive energy to your workouts? **Coach Many** is showing us how to turn a simple medicine ball into a **full-body fitness tool**. These moves build strength, coordination and serious core power:

- Slams — Release stress and build explosive strength
- Russian Twists — Improve core stability

No machines needed — just you and a med ball. Which one are you trying first?



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!

Free Member Events

Ask at the front desk about more member activities.

[Arvada YMCA:](#)

- **Chess Club** | Wednesdays | 11 AM – 12 PM
- **Scrabble Club or Bring Your Own Board Games** | Fridays | 12 – 1 PM
- **Acoustic Jam Session** | Tuesdays | 10:15 - 11:15 AM
- **Trash to Treasure Swap** | 3rd Monday of month | 11 AM – 12 PM
- **Short Story Book Club** | Fridays | 11 AM – 12 PM
- **Novel Book Club** | 4th Monday of month | 11 AM – 12 PM
- **Craft Group** | Fridays | 1 – 2 PM

[Aurora YMCA:](#)

- **Book Club** | Fridays | 9:30 AM
- **Cards and Board games** | Fridays | 11:15 AM – 1:15 PM
- **Mahjong** | Fridays | 1:30 – 3:30 PM

[Downtown YMCA:](#)

- **New to Denver Club** | Thursdays | 6 PM
- **Volleyball Club** | Tuesdays
- **Young Professionals Meet & Greet Club** | Mondays | 6 PM
- **Pickleball Club** | Wednesdays | 8 AM
- **Art & Drawing Club** | Tuesdays | 8 AM
- **Outdoors Club — Biking, Hiking, Winter Sports** | Thursday | 8 AM

[Littleton YMCA:](#)

- **Ping Pong Tournament** | Apr. 25 | 3 PM

[University Hills YMCA:](#)

- **Bridge Club** | Thursdays | 1 – 3 PM
- **Drop-in Pickleball** | Wednesdays 1 – 3 PM | Fridays 12:15 – 3 PM | Sundays 9 AM – 12 PM
- **Mahjong Club** | Mondays & Fridays | 1:30 – 3:30 PM
- **Sudoku Club** | Wednesdays | 10:30 AM – 12:30 PM
- **Writers Club** | 2nd & 4th Tuesdays of the month | 1:30 – 3:30 PM



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