



STRENGTH FOR MIND & BODY

2026 FITNESS PROGRAM PRICING

PROGRAM	RATE
Studio Y	\$40/month - member / individual \$55/month - member/family \$105 - non-member
Personal Training (30 minutes)	\$50 member \$66 non-member
Pilates Reformer Group (per class)	\$35 member \$58 non-member
EGYM Add on	\$13.99 (included in Y-Premium membership)

For complete fitness pricing, contact personaltraining@denverymca.org.

YMCA OF METRO DENVER
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