

At the YMCA, we focus on the spirit, mind and body for you, your family and your entire community.

For Your Health

Our inspiring and motivating staff helps you reach your goals to transform your life.

- State of the art studios and equipment for cycling, Pilates Reformer and High Intensity training.
- Classes Power Yoga, BODYPUMP, BodyCombat + more
- · Personal training + nutrition coaching
- Lap and family swim

For Your Kids

- Adventure Zone: playtime for kids while parents work out
- Youth Sports
- Dance
- Tae Kwon Do
- Swim lessons + swim teams

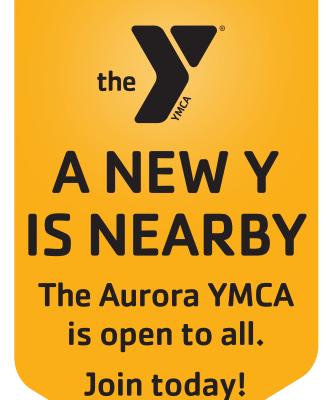
For Your Community

- Volunteer opportunities
- Family events and programs
- The Y is open to all through our financial assistance program

JOIN TODAY!

As a YMCA member, you'll enjoy:

- A complimentary wellness + nutrition consult
- Member savings on select programs
- Access to YMCAs across the U.S.





AURORA YMCA AT WHEATLANDS

6100 S. Kewaunee Way Aurora, CO 80016 720 588 2703 www.DenverYMCA.org/Aurora



