

## WPC Approved Gyms

**CrossFit Omnia:** Welcome to Omnia, Denver's premier CrossFit gym, where strength and wellness unite. Our certified trainers and supportive community will help you achieve your fitness goals safely. Omnia takes a well-rounded approach to health and fitness, with carefully structured training and progressions to get you results quickly and safely.

- [omniafitco.com](http://omniafitco.com) - (720) 248-7077 - [jon@omniafitco.com](mailto:jon@omniafitco.com) - 901 S Jason St, Denver

**WPC Patient Offer:** Free 30 min consultation with a coach, free Inbody Scan and a copy of Omnia Sleep Guide

**Pearl Street Fitness:** Featured as one of Denver's "best kept fitness secrets" and a "fitness hot spot," Pearl Street Fitness in Wash Park offers dynamic group classes with a focus on strength and conditioning. Fresh full-body workouts delivered daily that can be scaled or amplified to any fitness level. Intense, creative, and supportive.

- [pearlstreetfitness.com](http://pearlstreetfitness.com) - (720) 441-5204 - 1107 S Pearl St, Denver

**WPC Patient Offer:** First week for \$30 and First full month of unlimited classes for just \$89.

**CrossFit Wash Park:** A traditional CF gym with the best programming in South Denver. We combine weightlifting, gymnastics and endurance into constantly varied, high intensity workouts. We run, jump, squat, push, pull, throw, swing, and move heavy objects. New to CrossFit? No problem! All fitness and experience levels are welcome, as each workout is customized to your abilities. We understand that CrossFit can be intimidating for newcomers, but we believe that our emphasis on developing safe body mechanics, excellent coaching, and a friendly, welcoming environment is great for beginners.

- [crossfitwashpark.com](http://crossfitwashpark.com) - (505) 980-6198 - 1200 W Evans Ave, Denver

**WPC Patient Offer:** First week free. CrossFit Essentials class for \$79 and get the rest of the month free!

**The Studio - Golf Personal Trainer Dee Tidwell:** At The Studio, we specialize in individual care, program design, and post rehab to elite performance training. Our specificity to take care of each client and their fitness and health related goals is what makes us the best one-on-one training studios in the Denver area. Since 1999 we've asked ourselves and our clients what is vitally important, and we arrived at a method that is personal, effective and proven to be successful. It doesn't matter if you're new to this or ready to take it to the next level. Here, we will personally guide you down a path to get you where you want to go.

The Studio is also the home for three of our specialties:

Golf fitness- Colorado Golf Fitness Club

Cycling/MTB/Moto fitness and performance- Train To Ride

and ELDOA (spine and joint decompression programs)- Denver ELDOA

- [thestudioat6900layton.com](http://thestudioat6900layton.com) - (303) 883-0435 - 6900 E. Layton Ave, Denver

**WPC Patient Offer:** \$50 off initial client intake and assessment

**The Rebel Workout:** A local online workout studio. An efficient, sustainable fitness training style for anyone that can be done anywhere. No gimmicks, no claims, just badass butt-kicking workouts. Our follow along workouts are 10 - 45 minutes and designed for all levels, including pre and postnatal training and recovery.

- [rblremote.com](http://rblremote.com) - (720) 822-9212 - Online! Denver

**WPC Patient Offer:** Free 7 day trial followed by 30 days for \$60!

**Fierce45®:** Denver's Premiere High-Intensity Pilates Studio that combines high-intensity, low-impact, and mindful movement for one of the most efficient workouts! They have perfected the art of high-intensity resistance training to bring you the best full-body workout ever. Utilizing only one-of-a-kind resistance machines and body weight exercises, each session provides the most effective cardio, strength, and balance exercises possible. With heart-pumping music that matches your sky-high heart rate and your #FierceFam sweating next to you, your body and mind will drop into a meditation in no time. Fierce45 is not just a workout, it's a movement!

- [www.fierce45.com](http://www.fierce45.com) - (720) 812-3415 - 527 E. Mississippi, Denver

**WPC Patient Offer: Two weeks of unlimited classes for \$25. Group rate is \$149/month with five people sign-up together.**

**Yoga Center of Denver:** Iyengar, Vinyasa, Ashanga, aerial and prenatal classes right in south Denver. Our well-trained instructors are committed to providing a positive yoga experience, with well-honed observation and correction skills to help create the optimal pose. Props are used to assist learning and advance accurate alignment. We offer classes from beginner level to advanced and offer specialized techniques. Private yoga instruction is also available for specialized attention for specific conditions.

- [yogacenterdenver.com](http://yogacenterdenver.com) - (720) 570-9642 - 770 S. Broadway Denver

**WPC Patient Offer: WPC patients receive 10% off the purchase of a class package. Use the promo code "WPC" at online checkout**

**E3 Fitness:** Our large-group sessions: e3 TEAM, keep the busy person in mind. Each workout has a singular training focus, and begs the most of your effort in 30 minutes. Have more time? You can take 2 sessions back-to-back or even hit 3 in a row. We offer sessions multiple times a day, Mon-Sat. Our large-group program is *athletic-CONDITIONING* focused providing a timed-interval format allowing each athlete to push as hard as they can, progressing with each SWEAT session.

- [e3-fitness.com](http://e3-fitness.com) - (303)733-1018 - 324 S. Broadway #124 Denver

**WPC Patient Offer: Free class with code wpcSWEAT (works for two back to back workouts)**

**PS Pilates:** We offer certified and mindful Pilates instruction, quality equipment, and unique sessions at affordable prices. With over 40 sessions a week, we provide a consistent Pilates practice that fits even the busiest schedule. Pilates can dramatically help improve core strength, muscle tone, posture and alignment, flexibility, spinal decompression, balance, coordination, bone & heart health, body awareness, gait, breath & endurance and improved functionality in your recreational activities!

- [psdenver.com](http://psdenver.com) - (303) 733-3833 - 614 E Kentucky Ave, Denver

**WPC Patient Offer: Two Group Sessions for \$25.00 or 1 Intro Private Session for \$50.00. One-time 10% off any regular priced group package to Wash Park Chiropractic clients.**

### Personal Training

**Pivot Health & Fitness:** Private personal training, partner & small group training (limited to 4 participants). At Pivot, the studio is yours for your 50-minute appointment time with customized programming to address any concerns or physical limitations you seek to overcome. There are no members or additional trainers to interrupt your workout or make you feel uncomfortable.

- [pivotohealthandfitness.com](http://pivotohealthandfitness.com) - 561-324-7906 - 2376 S Downing St

**WPC Patient Offer: \$100 off their first personal training or partner training package or \$50 off their first small group training package.**

**AltFitness (Personal Training):** All ages, all fitness levels, and all personalities are welcome here. Don't believe us? Then look no further than our name. ALT stands for ALL Level Training. Results drive everything we do and results are our primary focus. We want to see you run 10 K's, lose 20 lbs, bench press 200lbs, and be in the best shape for ski season and just generally feel better in life. All we ask is that you listen to your trainers and follow our program.

- [altfitnessdenver.com](http://altfitnessdenver.com) - (720) 746-9249 - 1028 S Gaylord St, Denver

**WPC Patient Offer: New Clients of Alt Fitness get their first 3 sessions for only \$90!**

**KORU Movement:** At KORU Movement, we don't just focus on your physical health. We believe in a holistic approach to wellness that includes mental and emotional well-being. Every individual is unique, and that's why we work with each client to create a fully custom personal training journey that meets your individual needs. Everyone has the potential to be great, and we're here to help you reach your goals. Join our culture of doers, risk takers, and go-getters today and let's start unlocking your full potential, together!

- [korovementstudio.com](http://korovementstudio.com) -[Jason@korovementdenver.co](mailto:Jason@korovementdenver.co)

**WPC Patient Offer:** Free initial 90min consult, movement screen and strength testing session. Valued at \$150