

# WASHINGTON PARK CHIROPRACTIC



## WPC Approved Gyms

Make sure to tell these gyms you were referred by WPC to get a special discount!

**Pearl Street Fitness:** Featured as one of Denver's "best kept fitness secrets" and a "fitness hot spot," Pearl Street Fitness offers boutique-sized locations with lots of personality; this place will get you addicted to feeling and looking your best. Fresh full-body workouts delivered daily will keep your mind and body guessing. Intense, creative, and supportive. Come see the difference; try a free week at any of our Denver locations!

**WPC Patient Offer:** New Clients of WPC get \$89 Intro First Month of Unlimited Classes!!! Try a free week on us!  
<http://pearlstreetfitness.com> (720) 441-5204 1107 S Pearl St. Denver, CO 80210

**CrossFit Wash Park:** CrossFit Wash Park is a strength and conditioning community in Denver, Colorado that combines weightlifting, gymnastic movements and endurance activities into constantly varied, high intensity workouts. We run, jump, squat, push, pull, throw, swing, and move heavy objects - basically all the elements of sport that are fun! New to CrossFit? No problem! All fitness and experience levels are welcome at CrossFit Wash Park, as each workout is individually 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 a great combination for beginners.

**WPC Patient Offer:** Come to a CrossFit Essentials class for \$79 and get the rest of the month free! <http://www.crossfitwashpark.com> (505) 980-6198 700 W Mississippi Ave, Unit C1, Denver, CO 80223

**FitWall Washington Park:** The most fun and effective workout available. Each 40-minute Fitwall session combines world-class coaching with the hottest playlist. Our unique approach works the body as a whole rather than in pieces, burning more calories in less time while building strength, cardio and flexibility. Every workout is a blend of strength, cardio, and flexibility and each day of the week we have a different workout with unique intervals and different speeds, intensities, equipment and exercises. Our workout is impressive but our community will keep you loving it for years to come. We pride ourselves for our inclusivity of all people looking to have fun with serious fitness.

**WPC Patient Offer:** Come to a Fitwall Washington Park and receive 50% off your intro month!  
<https://www.fitwall.com> (720) 688-1398 421 E Bayaud Ave Denver, CO 80209

**The Rebel Workout:** The Rebel Workout uses effective small group training methods combining functional training, intervals, strength and cardio techniques to give you a diverse workout that stimulates the body without letting you plateau. We are a community; a family that prides ourselves on inclusivity. Get ready to play hard, sweat hard and find your rebellion. We offer a variety of classes to keep things interesting. From functional interval training (REBEL), strength focused lifting (REBEL IRON), low impact strength (REBEL LIT) to a handful of different cycle and cycle combo classes. We keep our class sizes small to give you the attention you deserve.

**WPC Patient Offer:** Try out Rebel for 30 days for \$60!  
<http://therebelworkout.com> (720) 822-9212 324 S Broadway, Denver, CO 80209

**Fierce45:** Fierce45® is a Denver's BEST full-body work out in the least amount of time, offering small group fitness classes on the one-of-a-kind Lagree Method MegaFormer® machine. This studio and these classes are like nothing you've ever experienced. It's a calorie blaster (500-800 per class) of exercises combined with the fundamentals of alignment, breath and mindful movement, with no stress to your joints or spine. You will sweat, your muscles will tremble and you will experience the Fierce45® difference.

**WPC Patient Offer:** WPC patients receive the discounted community partner membership for \$129 (unlimited classes, autopay membership) and three free classes to use within a week for the new student trial.  
<https://www.fierce45.com/> (720) 722-1527 527 E. Mississippi, Denver, CO 80210



**Orange Theory Fitness Wash Park:** Backed by the science of Excess Post-Exercise Oxygen Consumption (or EPOC), Orangetheory's heart rate monitored training is designed to maintain a target zone that stimulates metabolism and increases energy. We call it the after burn. Our members burn an estimated 500 to 1,000 calories in 60 minutes. And keep burning calories for up to 36 hours. Come see what you can accomplish! Your first workout is on us!

**WPC Patient Offer:** \$10 off the unlimited (premier) membership or \$10 off the elite membership

<http://washington-park.orangetheoryfitness.com> (303) 722-0544 999 S. Logan Street, Suite 100  
Denver, CO, 80209

**AltFitness (Personal Training):** ALT Fitness is for all ages, all fitness levels, and all personalities. Don't believe us? Then look no further than our name. ALT stands for ALL Level Training. We believe that "results" drive everything we do here at All Level Training and so that is our primary focus. We want to see people 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 the trainers and follow our program.

**WPC Patient Offer:** New Clients of Alt Fitness get their first 3 sessions for only \$50!

<https://www.altfitnessdenver.com> (720) 746-9249 1028 S Gaylord St, Denver, CO 80209

**Iyengar Yoga:** Iyengar Yoga Center of Denver teaches traditional Hatha yoga taught in the style and lineage of BKS Iyengar. This method of yoga specializes in alignment and the therapeutic application of yoga poses to help with a variety of physical and mental conditions. 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 specialized classes such as prenatal and fertility, back care, seniors and women's class. Private yoga instruction is also available for specialized attention for specific conditions.

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

<http://iyengaryogacenter.com> (720) 570-9642 770 S. Broadway Denver, CO 80209

**E3 Fitness:** Our large-group sessions: e3 TEAM, keep the busy person in mind. Hectic work schedule? Outrageous home-life? This is the cure. 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 multiples 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.

**WPC Patient Offer:** After registering for a class of their choice, your customers use the discount code wpcSWEAT for a 100% discount on the class (set for 2 classes to be booked back-to-back for a full hour workout)

<http://iyengaryogacenter.com> (720) 570-9642 770 S. Broadway Denver, CO 80209

**PS Pilates:** The Pilates Studio offers 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. Done on a regular basis, 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!

**WPC Patient Offer:** New Student Special 2 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.

<http://psdenver.com> (303) 733-3833 614 E Kentucky Ave, Denver, CO 80209