

## E•motion - Broomfield

broomfield

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## *E•motion - Broomfield*

### Discover E•motion: The Unique Fitness Center in Broomfield, Colorado

E•motion is not just your typical fitness center; it's a sanctuary for emotional and physical healing. Located in Broomfield, Colorado, E•motion combines the power of fitness with innovative ways to release pent-up emotions. With a focus on accessibility, this center ensures a welcoming environment for everyone.

#### Accessibility Features

One of the standout features of E•motion is its commitment to inclusivity. The **\*\*Wheelchair-accessible entrance\*\*** and **\*\*Wheelchair-accessible car park\*\***

demonstrate the center's dedication to providing a safe space for all visitors. This thoughtful design allows individuals with mobility challenges to fully participate in unique experiences offered at E•motion, making it a true community hub.

## **A Transformative Experience**

Visitors rave about their experiences at E•motion. One participant shared, “My daughter and I attended a couple of classes through a foster source program. It was an amazing experience! After hearing Erica’s story and how E•motion came about, it was an inspiration to me. I highly recommend people checking out E•motion!” At E•motion, guests engage in activities like smashing bottles to release emotions, followed by invigorating workouts. As one attendee noted, “I had no idea how much I could emotionally release by feeling into my body to pull up emotions and THROW them onto the wall.” The connection between emotional release and physical exercise offers a dual benefit that many find cathartic.

## **A Community Space**

Erica, the founder of E•motion, has created a warm and inviting atmosphere that fosters connection and healing. Participants often emphasize the supportive environment, with one visitor stating, “Erica has gifted us with a beautiful, intentional way to embody and release emotions.” Whether attending as a group or participating in individual sessions, guests find that E•motion strengthens community bonds and personal growth.

## **Emotional and Physical Healing**

The experience at E•motion is not just about breaking things; it’s about uncovering deeper emotions and creating space for healing. As one participant put it, “This is not your typical rage room! It provides a beautiful, intentional way to embody and release emotions.” The combination of smashing bottles, engaging workouts, and relaxing in the chill room creates a comprehensive approach to overall wellbeing.

## **Why You Should Visit E•motion**

If you're seeking a unique fitness journey that emphasizes mental health and emotional wellness, E•motion is the place to be. From team-building events to personal healing sessions, the options are diverse and tailored to meet varying needs. Visitors consistently leave feeling rejuvenated and inspired. As one person enthusiastically mentioned, “I will definitely be back! Erica is a great trainer who really pays attention to each individual's needs.” In summary, E•motion is more than just a fitness center; it’s a transformative experience that blends accessibility, emotional release, and physical health. Don't miss out on what could be a life-changing visit!

## **We are situated in**

9140 W 100th Ave, 80021 Broomfield, Colorado - United States (US)

## **Our public attention hours are:**

Day Hours  
Monday  
11?AM–7?PM  
Tuesday  
3–8?PM  
Wednesday  
Closed  
Thursday  
Closed  
Friday  
3–8?PM  
Saturday  
1–9?PM  
Sunday  
1–9?PM

The website is E•motion

If you wish to alter any element that you feel is not accurate about this portal, please forward a message so that we will correct it at the earliest convenience. Thanks beforehand thank you very much.

## **Images**



*E•motion broomfield*



*Emotion videos*



*Emotion street view 360deg*

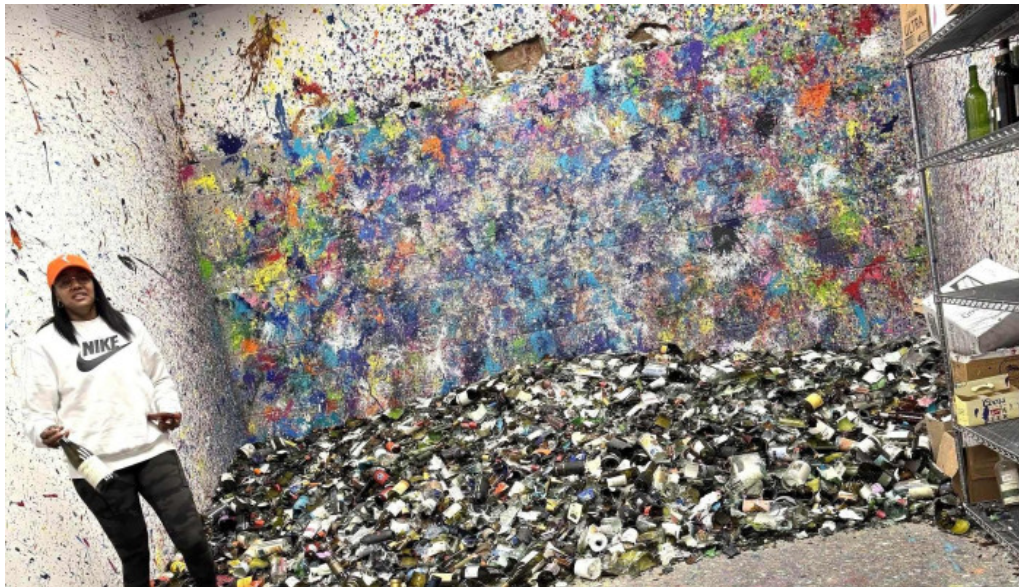




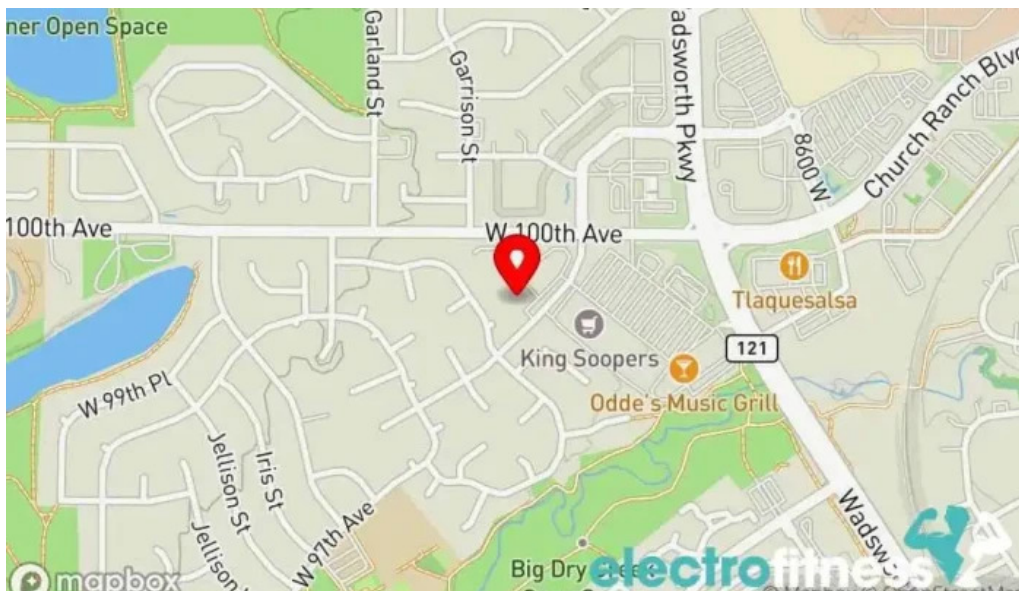
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## Tags

*Wheelchair-accessible entrance, Wheelchair-accessible car park, Accessibility*

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arena
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body shaping class
boot camp
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chiropractor
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coffee shop
community center
convenience store
country club
coworking space
dance school
day spa
dollar store
elementary school
exercise equipment store
firearms academy
fitness
fitness center
golf club
golf course
golf instructor
grocery store
gym
gymnastics center
hair salon
health consultant
health food restaurant
health spa
hiking area
hospital
hotel
indoor cycling
jujitsu school
karate club
karate school
kennel



kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage therapist
meditation center
non-profit organization
nutritionist
park
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
public educational institution
recreation center
rehabilitation center
rock climbing gym
school district office
self defense school
shooting range
shopping mall
spa
spa and health club
sporting goods store
sports club
sports complex
sports medicine clinic
sports school
supermarket
swimming instructor
swimming school
tennis club
thrift store
training centre
vitamin & supplements store
weightlifting area
wellness center

wellness program
women's personal trainer
yoga instructor
yoga studio
youth organization