

## Spenga Wheat Ridge - Wheat Ridge

wheat ridge

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*wheat ridge*

## Spenga Wheat Ridge - Wheat Ridge

### Explore SPENGA Wheat Ridge: Your Ultimate Fitness Destination

Located in beautiful Wheat Ridge, Colorado, **SPENGA** offers a dynamic fitness experience that combines spinning, strength training, and yoga all in one hour. This gym has quickly become a favorite among locals, but what truly sets it apart? Let's dive into the details.

### Why Choose SPENGA?

At SPENGA Wheat Ridge, **appointment required** sessions ensure you get personalized attention while maximizing your workout time. With the convenience of **online classes**, you can easily book your sessions from the comfort of your home.

## Amenities You'll Love

The gym boasts fantastic **amenities**, including:

**Swimming Pool:** A refreshing option for after-class relaxation.

**Wheelchair-accessible Car Park:** Accessibility is a priority here at SPENGA.

**Wheelchair-accessible Entrance:** Ensuring everyone can feel welcome.

**On-site Services:** Support to meet all your fitness needs. **Gender-neutral**

**Toilets:** A comfortable space for all individuals. **Transgender Safe Space:**

Inclusivity is at the core of SPENGA's community.

## Community Vibes

The friendly environment at SPENGA is particularly appealing to many members. Reviews often highlight how welcoming the community is, making it **LGBTQ+ friendly** and inclusive for everyone. The supportive atmosphere enables members to thrive regardless of their fitness level.

## Class Structure and Schedule

Classes are structured in an engaging 20-20-20 format, combining spinning, strength training, and yoga, which members find both invigorating and well-rounded. With options like early morning slots starting as early as 5:15 am, you'll always find a class that fits your busy schedule.

## Join the SPENGA Experience

Whether you're looking to enhance your fitness routine or find a supportive community, **SPENGA Wheat Ridge** has everything you need. With a focus on accessibility and inclusivity, everyone can enjoy a great workout.

Come check out SPENGA Wheat Ridge today and see why so many are raving about their experience!

## Our premises are located at

5305 W 38th Ave Suite E, 80212 Wheat Ridge, Colorado - United States (US)

The contact line of the mentioned **Gym** is +1720-807-3630

And if you want to send a WhatsApp, you can do so at +1720-807-3630

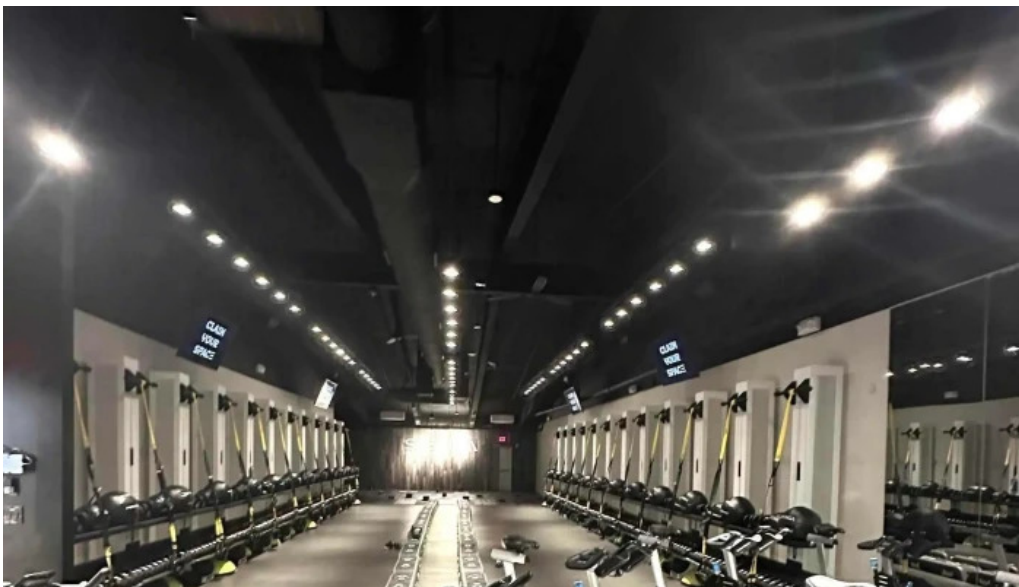
## Our service hours are:

Day Hours  
Monday  
8?AM–12?PM  
Tuesday  
5?AM–9?PM  
Wednesday  
5?AM–9?PM  
Thursday  
5?AM–9?PM  
Friday  
5?AM–9?PM  
Saturday  
5?AM–9?PM  
Sunday  
8?AM–12?PM

The website is [SPENGA Wheat Ridge](#)

If necessary to update any element that you think is not precise related to this page, we urge you to send us a message so we can we will correct it as soon as possible. Thank you in advance we appreciate it.

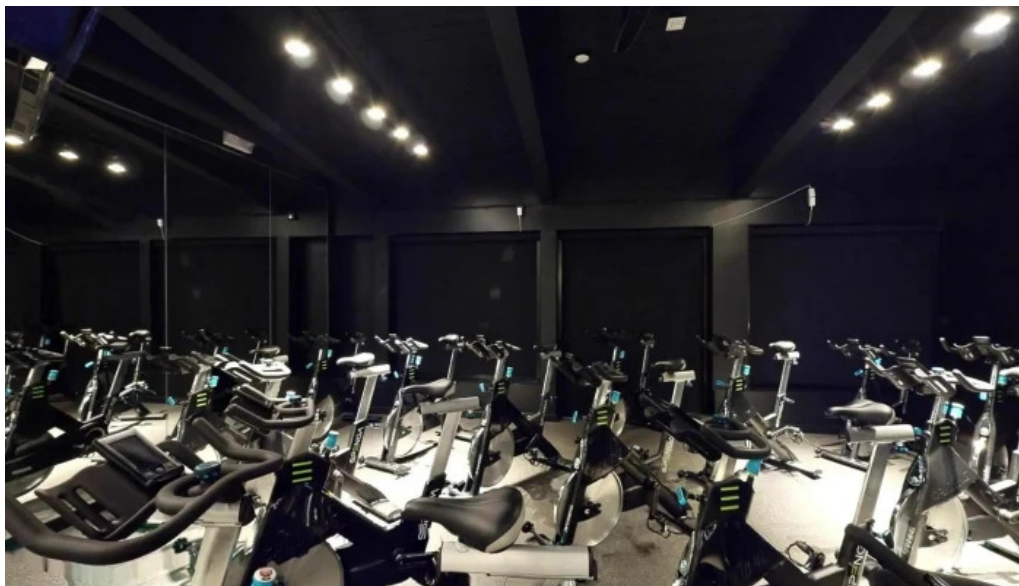
## Images



*Spenga wheat ridge wheat ridge*



*Spenga wheat ridge videos*

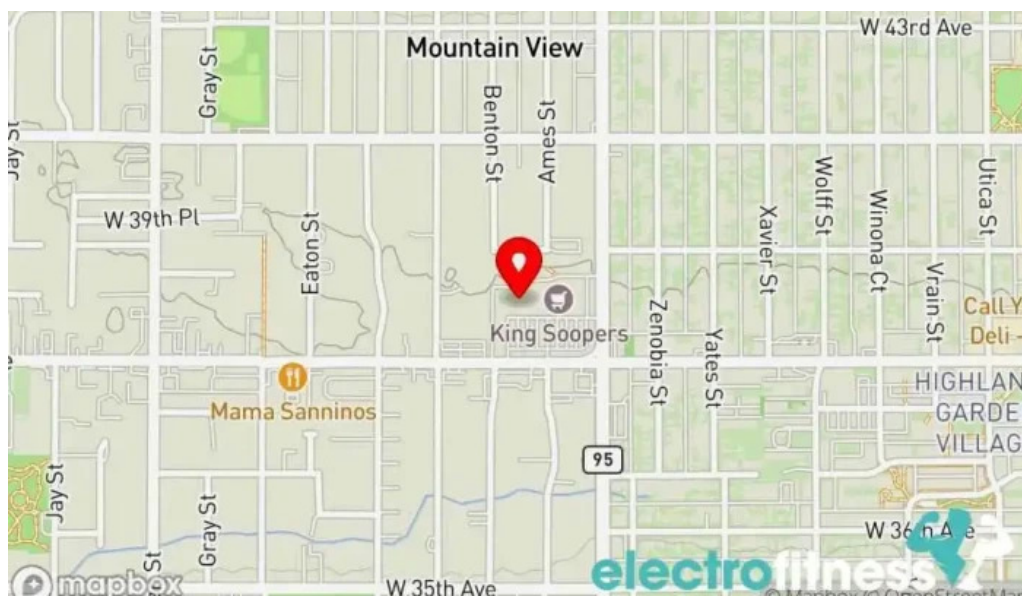


*Spenga wheat ridge street view 360deg*





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## Tags

*Service options, Amenities, Planning, Crowd, Appointment required, Swimming pool, LGBTQ+ friendly, Wheelchair-accessible entrance, Online classes, Gender-neutral toilets, Transgender safe space, Wheelchair-accessible car park, Accessibility, On-site services*

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**4.2 \*** *Spenga - Valparaiso*

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<b>3.6 *</b>	<i>Kids First Swim School - Waldorf - Waldorf</i>
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<b>4.5 *</b>	<i>The Thoreau Club - Concord</i>

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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

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spa
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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