

Ethos Colorado - Wheat Ridge

wheat ridge

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wheat ridge

Ethos Colorado - Wheat Ridge

Discover Ethos Colorado: A Premier Personal Training Experience in Wheat Ridge

Located in the heart of Wheat Ridge, Colorado, **Ethos Colorado** stands out as a uniquely empowering personal training facility. Renowned for its **women-owned** approach, Ethos provides a welcoming environment that supports individuals of all fitness levels.

Online Classes and Accessibility

Ethos Colorado is dedicated to ensuring that fitness remains accessible to everyone. With a variety of **online classes**, members can maintain their training from the comfort of their own home. This is especially beneficial for those managing busy schedules or health concerns. For clients who prefer in-person training, the facility offers a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**, ensuring that everyone can enjoy the amenities available.

Amenities for Every Member

The facilities at Ethos are designed with your comfort and convenience in mind. Members will find **gender-neutral toilets** and a range of equipment that caters to various fitness routines. The personalized approach of the coaching team guarantees an individualized experience, whether you opt for **individualized programming** or participate in group training sessions. From massage therapy to nutrition programs, Ethos prioritizes holistic wellness.

Appointments Recommended for Personalized Training

To maximize results, **appointments are recommended**. Ethos ensures that each client receives focused attention from experienced trainers like Margaret and Liam, who are dedicated to helping you achieve your fitness goals. The community atmosphere nurtures encouragement, making it an ideal space for both seasoned athletes and those new to fitness.

Building Community and Long-Term Goals

Ethos is more than just a gym; it represents a vibrant community where members motivate each other. Several testimonials reveal that the supportive culture has transformed many individuals' attitudes towards fitness. One client noted, "I joined more than a gym - I joined an amazing community!" Members appreciate Ethos's commitment to long-term goals, focusing on gradual growth rather than quick fixes.

From the Business: A Commitment to Growth

With a solid foundation built over years of experience, Ethos is committed to ongoing development and support. The trainers continuously seek knowledge and apply innovative methods to help clients achieve maximum results. The balance of strength, conditioning, and recovery programs means that members can focus on improving their overall wellness without compromising on their individual needs.

Conclusion: Elevate Your Fitness Journey at Ethos

Whether you're a long-time athlete or just beginning your fitness journey, Ethos Colorado offers a tailored experience that caters to your unique needs. With strong community ties, exceptional amenities, and a focus on personalized growth, Ethos is the place to transform your approach to fitness. Don't hesitate—give Ethos a try, and discover how this incredible gym can enhance your life!

We are located at

5161 Ward Rd Suite 4, 80033 Wheat Ridge, Colorado - United States (US)

The contact phone of this **Personal trainer** is +1720-287-1028

And if you want to send a WhatsApp, you can do so at +1720-287-1028

We look forward to seeing you at:

Day	Hours
Monday	Closed
Tuesday	6?AM–6:30?PM
Wednesday	6?AM–5:30?PM
Thursday	6?AM–6:30?PM
Friday	6?AM–5:30?PM
Saturday	6?AM–5:30?PM
Sunday	8?AM–12?PM

The website is Ethos Colorado

If necessary to change any element that you think is not precise about this portal, we kindly request send a message so we can we will handle it promptly. Thanks beforehand thanks.

Images



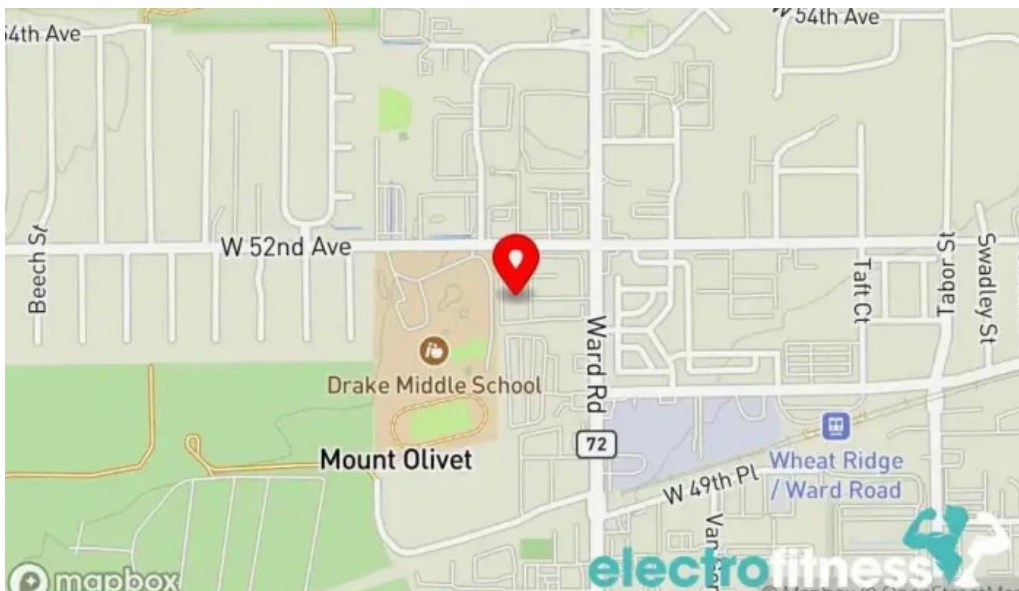
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Tags

Planning, Wheelchair-accessible car park, Online classes, From the business, Service options, Appointments recommended, Identifies as women-owned, Gender-neutral toilets, Amenities, Accessibility, Wheelchair-accessible entrance, Toilet

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