

2015 Front Porch Guide to Fitness

TYPE	NAME	ADDRESS/PHONE/WEBSITE
Boxing and Martial Arts	Enshin Karate Headquarters	4730 E Colfax Ave, Denver, 303.320.7632, enshin.com
	Grappler's Edge and Edge Boxing	5305 E Colfax Ave, Denver, 303.433.3343, grapplers-edge.com
	JKD Colorado	7000 E 47th Ave Dr #600, Denver, 303.726.6230, jkdcolorado.com
	Mike Giles Family Karate	7506 E 36th Ave #480, Denver, 303.377.5425, mikegileskarate.com
	Rad Muay Thai	30 Havana St #309, Denver, 303.557.8507, radmtfitness.com
	Stapleton Family Karate	8270 Northfield Blvd #1450, Denver, 303.928.0043, stapletonfamilykarate.com
Dance	Ballet Ariel	7808 Cherry Creek South Drive, Suite 209, Denver, 303.945.4388, balletariel.org
	Dance Conservatory of Denver	1958 Elm Street, Denver, 720.837.1578, www.danceconservatoryofdenver.com
	Denver Dance	1910 Roslyn St, Denver, 720.938.6519, denverdance.net
	Dance Institute	4601 Quebec St, Denver, 303.525.0011, danceinstitutedenver.com
	Dancing the Soul	950 Jersey St, Denver, 720.379.6072, dancingthesoul.com
	Leap Dance Studio	Central Park Rec Center, 9651 E. MLK Blvd, www.leapdancestudio.com
	Park Hill Dance Academy	4638 E 23rd Ave, Denver, 303.975.6111
Fitness and Weight Loss	Med-Fit	Medical weight loss, 2373 Central Park Blvd. Suite 300, Denver, 303.586.3943, www.denverweightlossclinic.com/
	Weight Loss and Exercise Research Study	Six months of supervised exercise is included as part of an 18-month comprehensive behavioral weight loss program for healthy, sedentary, non-smoking men and women age 18-55 with a body mass index (BMI) of 28-40 kg/m ² . University of Colorado Anschutz Health and Wellness Center. COMIRB # 13-1550, PIVictoria A. Catenacci MD. For more information contact Kristen.Bing@ucdenver.edu.
	University of Colorado Anschutz Health and Wellness Center	12348 E Montview Blvd, Anschutz Medical Campus, Aurora. Trained fitness specialists, Bodypump, yoga, indoor aquatics, meditation, Zumba and more. Science and research-based programs in nutrition, sports performance and weight loss, anschutzwellness.com
Free Meetups	Cycling- Cycleton Stapleton	www.cycleton.com/denver-cycling-events-cycleton/weekly-rides/
	Stapleton Run Club	Meets on Tuesdays at 6pm at Casey's Bistro, www.stapletonrunclub.com/
	Walk to Connect	Walking club meets 6:30am at Starbucks in Conservatory Green on Wednesdays. walk2connect.com/about/
Trainers, Gyms and Fitness	24 Hour Fitness	7600 E Academy Blvd, Denver, 303.343.1049, www.24hourfitness.com
	Base Fitness Denver	7565 E Academy Blvd, Denver, 303.537.4877, www.basefitnessdenver.com
	Bladium Sports and Fitness Club	2400 Central Park Blvd, Denver, 303.320.3033, www.bladium.com
	Camp Gladiator	Meets at Westerly Creek Elementary, 8800 E 28th Ave, Denver, 720.289.0427, www.campgladiator.com/denver
	Central Park Recreation Center	9651 MLK Blvd, Denver, 720.865.0750, www.denvergov.org > search by name
	Crossfit Park Hill	2857 Fairfax St, Denver, 720.257.4264, www.crossfitparkhill.com
	Crossfit Stapleton	3700 Havana St #218, Denver, 303.902.5088, www.crossfitstapleton.com
	Curves-Stapleton Town Center	7489 E 29th Pl, Denver, 303.333.5959, www.curvesofstapleton.com
	Curves-Mayfair	938 Jersey St, Denver, 303.333.6006, www.curves.com/locations/club/CO/US/80220/Denver-4
	Empowered Movement	Mobile, in client homes. 720.352.1458, www.empowered-movement.com
	Endorphin at Lowry	7555 E Academy Blvd 303.993.4041, www.endorphin.com/lowry
	Fit4Mom & Stroller Strides of Denver	denver.fit4mom.com/
	Fitness Together	340 Holly St, Denver, 303.322.7132, www.fitnessstogether.com
	Hiawatha Davis Rec Center	3334 Holly St, Denver, 720-865-0590, denvergov.org > search by rec center name
	Mile High Fitness	Mobile, client homes. Office: 3835 Elm St #G, Denver, 720.436.3899, www.milehighfitness.com
	MLK Rec Center	3880 Newport St, 720.865.0503, denvergov.org > search by rec center name
	Montclair Recreation Center	729 Ulster Way, Denver, 720.865.0560, www.denvergov.org > search by name
	Orange Theory Fitness Stapleton	Stapleton Town Center, 7349 E 29th Ave, Denver, 303.388.6600, www.orangetheoryfitness.com/stapleton
	Orange Theory Fitness Lowry	Lowry, 200 Quebec St, Bldg. 700, Unit 101, Denver, 303.366.3311, www.orangetheoryfitness.com/lowry
	Pando Crossfit and Yoga	Northfield Stapleton, 8340 Northfield Blvd, Denver, 720.441.3726, pandodenver.com/schedule/
Up Gym Functional Training Center	4801 E Colfax Ave, Denver, 720.447.1400, www.upgymdenver.com	
Urban Pump Personal Training Studio	2322 Central Park Blvd, Denver, 303.781.1558, www.urbanpump.com	
Urban Survival Fitness	5929 E 38th Ave, Denver, 720.838.4401, www.urbansurvivalfitness.com	
Sports Leagues	Big Bear Ice Arena	Recreational hockey, www.bigbearice.com/page/show/451048-adult-hockey
	Ladies Golf League	Casual (no handicap required!) Ladies Golf League plays 9 holes at Park Hill Golf Course at 4pm every Monday, June thru August. Contact Joanna Johnson: 303.522.3686,
	Let's Kick It Adult Kickball League	Coed, www.letskickitcoed.com/
	Ultimate Frisbee	www.facebook.com/stapletonultimate
Yoga	Bikram Yoga Mile High	5019 E Colfax Ave, Denver, 303.377.2227, bikramyogamilehigh.com
	CorePower Yoga	Stapleton Town Center, 7485 E 29th Pl, Denver, 303.377.7444; see website for classes: corepoweryoga.com
	Harmony Yoga	560 S Holly St, Ste 15, Denver: Classical Hatha yoga, vinyasa, gentle, restorative & therapeutic yoga; classes for kids, teens, families, new & expecting parents. 303.388.8501, help@harmony-yoga.com
	Park Hill Yoga	2072 Ash St, Denver, 303.622.3773, parkhill yoga.com
	Sacred I Yoga	2212 Kearney St, Denver, 303.355.5856; see website for classes: mysacredi.com