

Palango! Fitness - Centennial

centennial

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centennial

Palango! Fitness - Centennial

Experience the Joy of Fitness at Palango! Fitness in Centennial, Colorado

Palango! Fitness identifies as a ****Latino-owned**** gym that offers a welcoming environment for everyone. Located in Centennial, Colorado, this fitness studio is designed to be inclusive and accessible, featuring a ****wheelchair-accessible entrance**** and a ****wheelchair-accessible car park****.

Community and Inclusivity

At Palango!, the emphasis on community is evident. The fitness classes provide a ****transgender safe space****, ensuring that all individuals feel welcome

and comfortable. With an **LGBTQ+ friendly** atmosphere, you can expect a diverse crowd where people from all walks of life come together to enjoy fitness.

Accessible Amenities for Everyone

The studio has made strides in **accessibility**, offering a **wheelchair-accessible toilet** and **toilet** facilities that cater to all needs. This commitment to inclusivity helps build a supportive environment where everyone can thrive.

Dynamic Workout Experience

Palango! Fitness is renowned for its high-energy classes. Customers rave about the fun and intense workouts that feel more like a dance party than a traditional gym session. The vibrant Latin music keeps spirits high, making it easy to follow routines while feeling energized. As one member stated, "Every class is challenging and fun," proving that it caters to all fitness levels. The instructors are praised for their welcoming nature, bringing contagious energy that motivates participants to push their limits.

Convenient Class Options

With a variety of class schedules throughout the day and options for **online classes**, there's always a chance to fit in a workout, no matter how busy your schedule may be. Each class offers a mix of strength and cardio, with routines designed to be easily adjustable according to individual fitness levels, ensuring a tailored experience for everyone.

On-Site Services and Support

Palango! Fitness stands out by providing **on-site services** such as childcare for parents, allowing them to focus on their workouts without added stress. The supportive community not only enhances individual experiences but also encourages lasting friendships among members.

Join the Fun at Palango!

Whether you're a fitness enthusiast or a beginner, Palango! Fitness invites you to try their classes. With the first class free, it's an excellent opportunity to experience the unique vibe of this **fun, simple, and intense** workout. Don't miss out on being part of a community that values health, support, and joy in every workout. Join the Palango family today!

We are positioned at

7500 S University Blvd #105, 80122 Centennial, Colorado - United States (US)

The phone of said **Gym** is +1720-666-4988

And if you want to send a WhatsApp, you can do so at +1720-666-4988

You can visit us at the following hours:

Day Hours

Monday

5:30–6:30?AM 8:30–11:30?AM 4:30–6:30?PM

Tuesday

8:30–10:30?AM 4:30–6:30?PM

Wednesday

5:30–6:30?AM 8:30–11:30?AM 4:30–6:30?PM

Thursday

8:30–10:30?AM 4:30–6:30?PM

Friday

5:30–6:30?AM 8:30–11:30?AM 4:30–5:30?PM

Saturday

8:30–11:30?AM

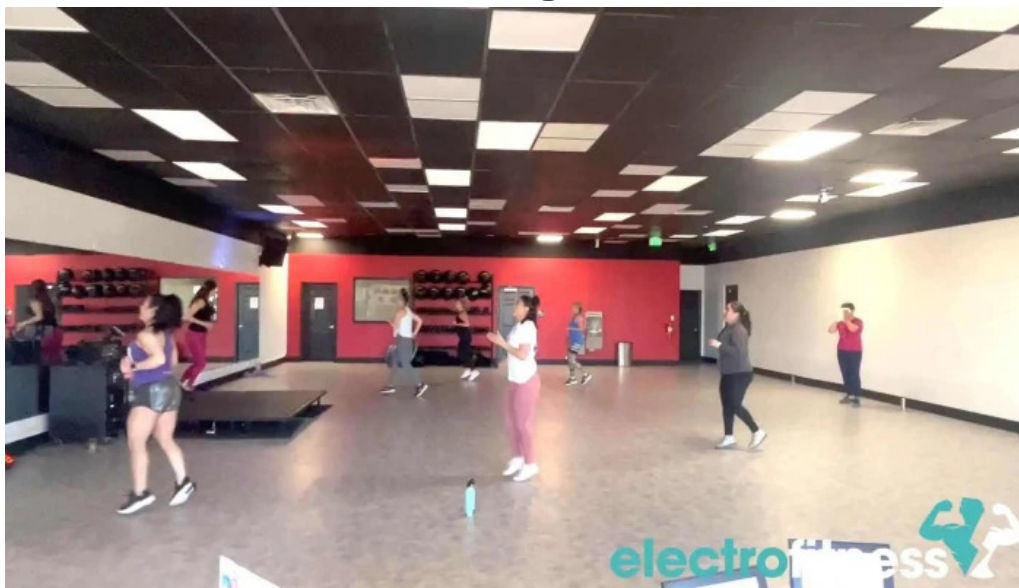
Sunday

8:30–10:30?AM

The website is [Palango! Fitness](#)

If you require to modify any data that you think is not accurate related to this web, we kindly request send a message so we can we will adjust it as soon as possible. Thanks beforehand thanks for your cooperation.

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Palango fitness all



Palango fitness address

Tags

Service options, Crowd, On-site services, Toilet, Wheelchair-accessible toilet, Identifies as Latino-owned, Wheelchair-accessible entrance, Online classes, LGBTQ+ friendly, Accessibility, From the business, Amenities, Wheelchair-accessible car park, Transgender safe space

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sports medicine clinic
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