

## Total Health and Exercise - Centennial

centennial

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## *Total Health and Exercise - Centennial*

### **Unlock Your Fitness Potential at Total Health and Exercise in Centennial, Colorado**

If you're looking for an inclusive and supportive environment to achieve your fitness goals, **Total Health and Exercise** is the perfect place for you. Located in Centennial, Colorado, this personal training studio not only offers exceptional training services but also emphasizes accessibility, making it a welcoming space for everyone.

## Accessibility Features That Matter

Total Health and Exercise is designed with inclusivity in mind. The gym features a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**, ensuring easy access for all clients. Additionally, there's a **wheelchair-accessible toilet** available, providing convenience and comfort during your workouts. Creating an environment where everyone feels welcome is a priority, making it an **LGBTQ+ friendly** and **transgender safe space**.

## Expert Trainers Committed to Your Success

The trainers at Total Health and Exercise are known for their expertise and personalized approach to fitness. Clients rave about their experiences with trainers like **Caleb** and **Stephanie Mola**, who focus on understanding individual needs and crafting customized plans. Caleb's tailored workout regimens have transformed clients' perspectives on fitness, while Stephanie inspires confidence with her effective coaching and meal planning advice.

## A Community of Support and Motivation

What sets Total Health and Exercise apart is its sense of community. Clients often mention how the atmosphere fosters camaraderie. With trainers who treat clients like family, you can expect to feel supported every step of the way. As one client mentioned, "You don't have to be stylish or have makeup on – everyone there is laid back and focused only on workouts." This creates a space where you can truly focus on your fitness journey without intimidation.

## A Clean and Well-Equipped Facility

Maintaining cleanliness and providing top-notch equipment are essential aspects of the gym's philosophy. Reviews consistently highlight the gym's immaculate condition and diverse selection of machines and weights. Whether you're a beginner or a seasoned athlete, you will find everything you need to achieve your personal fitness goals.

## Appointments and Amenities

While walk-ins are welcome, **appointments are recommended** to ensure personalized attention from trainers. You can expect engaging sessions that keep you motivated and challenged. Remember, planning your visit ahead can enhance your experience at this outstanding facility.

## Join the Fitness Revolution Today!

If you're ready to embark on your fitness journey, Total Health and Exercise is here to guide you. With a commitment to client success, a clean facility, and a supportive environment, there's no better time to take charge of your health. Experience firsthand why countless testimonials sing the praises of trainers like **Caleb, Stephanie Mola**, and others who prioritize your well-being. Get started today and achieve the results you've always dreamed of!

**Our business is located at**

6979 S Holly Cir b1, 80112 Centennial, Colorado - United States (US)

The contact phone of this **Personal trainer** is +1720-220-3455  
And if you want to send a WhatsApp, you can do so at +1720-220-3455

**Our opening hours are:**

Day Hours  
Monday  
*Open 24 hours*  
Tuesday  
*Open 24 hours*  
Wednesday  
*Open 24 hours*  
Thursday  
*Open 24 hours*  
Friday  
*Open 24 hours*  
Saturday  
*Open 24 hours*  
Sunday  
*Open 24 hours*

The website is Total Health and Exercise

In case you want to alter any data that you consider is not accurate about this web, we kindly request forward a message and we will adjust it quickly. In advance we appreciate it.

**Images**



*Total health and exercise training*



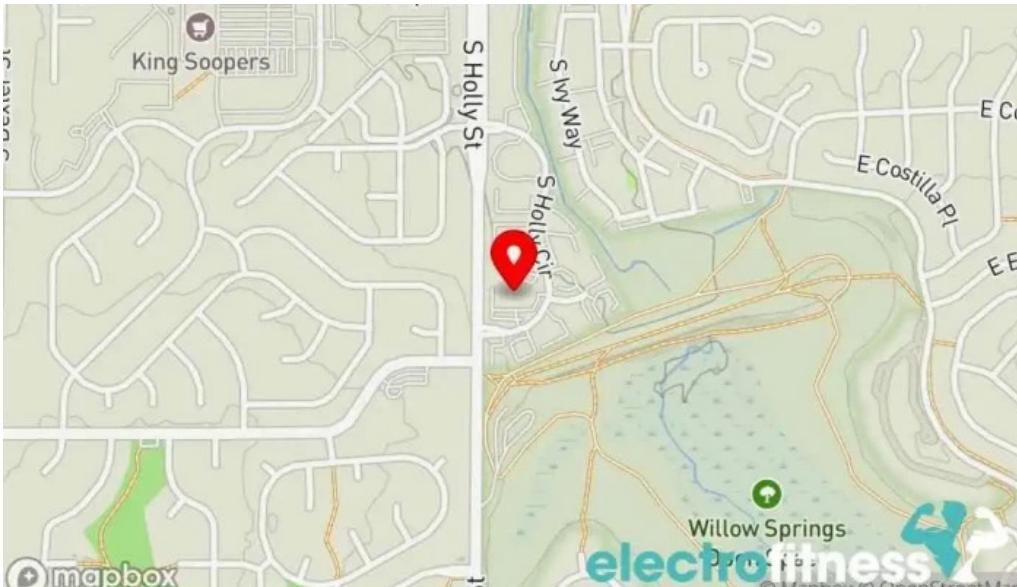
*Total health and exercise street view 360deg*



*Total health and exercise physical fitness*



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*Total health and exercise all*

## Tags

*Appointment required, Wheelchair-accessible toilet, Appointments recommended, Accessibility, Planning, LGBTQ+ friendly, Wheelchair-accessible car park, Transgender safe space, From the business, Amenities, Wheelchair-accessible entrance, Identifies as veteran-owned, Crowd, Toilet*

## Related content

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4.7 \* *Dynamic Health Club Inc - New Iberia*

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5.0 \* *Adam Parks - Health Consulting & Personal Training - Abingdon*

4.5 *	<i>Hendrick Health Club South - Abilene</i>
5.0 *	<i>Jordan Zumwalt - Abilene</i>
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4.8 *	<i>Abbeville Health &amp; Fitness - Abbeville</i>
3.8 *	<i>Northeast Health &amp; Fitness - Abington</i>
5.0 *	<i>Profiling Beauty Health and Wellness Center - Aberdeen</i>
1.0 *	<i>Apollo Fitness &amp; Nutrition - Abilene</i>

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amusement park ride
arena
association / organization
athletic club
bar
body shaping class
boot camp
boxing gym
boxing ring
children's party service
chiropractor
church
coffee shop
community center
convenience store
country club
dance school
dollar store
elementary school
exercise equipment store
firearms academy
fitness
fitness center
golf club
grocery store
gym
gymnastics center



hair salon
health consultant
health food restaurant
health spa
hiking area
hospital
hotel
indoor cycling
jujitsu school
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage therapist
non-profit organization
park
personal trainer
pharmacy
physical fitness program
physical therapy clinic
pickleball court
pilates studio
public educational institution
recreation center
rehabilitation center
rock climbing gym
school district office
self defense school
shooting range
spa
spa and health club
sporting goods store
sports club
sports complex
sports medicine clinic
sports school
swimming instructor
swimming school
tennis club

thrift store
vitamin & supplements store
wellness center
wellness program
yoga instructor
yoga studio
youth organization