

## Total Fitness Colorado - Highlands Ranch

highlands ranch

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*highlands ranch*

### *Total Fitness Colorado - Highlands Ranch*

#### **Total Fitness Colorado: Your Premier Personal Training Destination in Highlands Ranch**

If you're searching for a top-notch personal training experience in Highlands Ranch, look no further than **Total Fitness Colorado**. This gym has built a strong reputation for its welcoming community, skilled trainers, and exceptional amenities that cater to clients of all fitness levels. Here's why Total Fitness Colorado stands out as a premier choice.

## Amenities That Cater to Everyone

At Total Fitness Colorado, members enjoy **state-of-the-art equipment** and a clean, well-maintained environment. The gym boasts a range of amenities, including:

- Wheelchair-accessible entrance
- Wheelchair-accessible toilet
- Wheelchair-accessible car park
- Outdoor services to enjoy training in the fresh air

Such accessibility ensures that everyone, including those with different needs, can feel comfortable and included.

## Booking and Planning Your Sessions

Appointments are highly recommended at Total Fitness to ensure that clients receive personalized attention during their workouts. It is advisable to schedule sessions in advance, as many clients have found their preferred trainers quickly fill up their slots.

Many trainers at Total Fitness, such as Mandy, Vy, and Mistie, are known for tailoring workouts to meet individual goals. Whether you're looking to build strength or improve overall fitness, the planning process is designed to set you up for success.

## Inclusive and Safe Space for Everyone

One of the defining features of Total Fitness Colorado is its commitment to being an **LGBTQ+ friendly** and **transgender safe space**. The supportive environment encourages individuals from all walks of life to pursue their fitness goals without fear of judgment. Clients have expressed gratitude for the positive atmosphere created by the staff and trainers who truly care about each member's journey.

## Comprehensive On-site and Online Services

Total Fitness Colorado offers a variety of **service options**, ranging from in-person training to **online classes** for those who prefer working out from home. This flexibility makes it easy to stay committed to your fitness journey regardless of your busy lifestyle.

## Client Testimonials: Real Results, Real Support

Many clients have shared their success stories, highlighting their transformational experiences at Total Fitness Colorado. For instance, a parent mentioned how their son's strength has noticeably increased under the

guidance of his personal trainer, Nate. Another member praised the individualized approach of their trainer, noting how they felt empowered and supported throughout their fitness journey.

Additionally, clients consistently emphasize the friendly atmosphere, with many describing the trainers as caring and attentive, ensuring workouts are challenging yet enjoyable. The camaraderie and support from both trainers and fellow members create a familial vibe that keeps clients motivated.

## **Join Total Fitness Colorado Today!**

If you're ready to embark on your fitness journey in a welcoming and inclusive environment, consider joining **Total Fitness Colorado**. With a commitment to accessibility, personalized training plans, and a dedication to client success, you'll find everything you need to achieve your goals. Embrace the opportunity to transform your health and wellness—visit Total Fitness Colorado in Highlands Ranch today!

### **Our premises are located at**

8955 S Ridgeline Blvd #2000, 80129 Highlands Ranch, Colorado - United States (US)

The phone of this **Personal trainer** is +1303-601-7147

And if you want to send a WhatsApp, you can do so at +1303-601-7147

### **We are open during the following hours:**

Day	Hours
Monday	5?AM–10?PM
Tuesday	5?AM–10?PM
Wednesday	5?AM–10?PM
Thursday	5?AM–10?PM
Friday	5?AM–10?PM
Saturday	5?AM–10?PM
Sunday	5?AM–10?PM

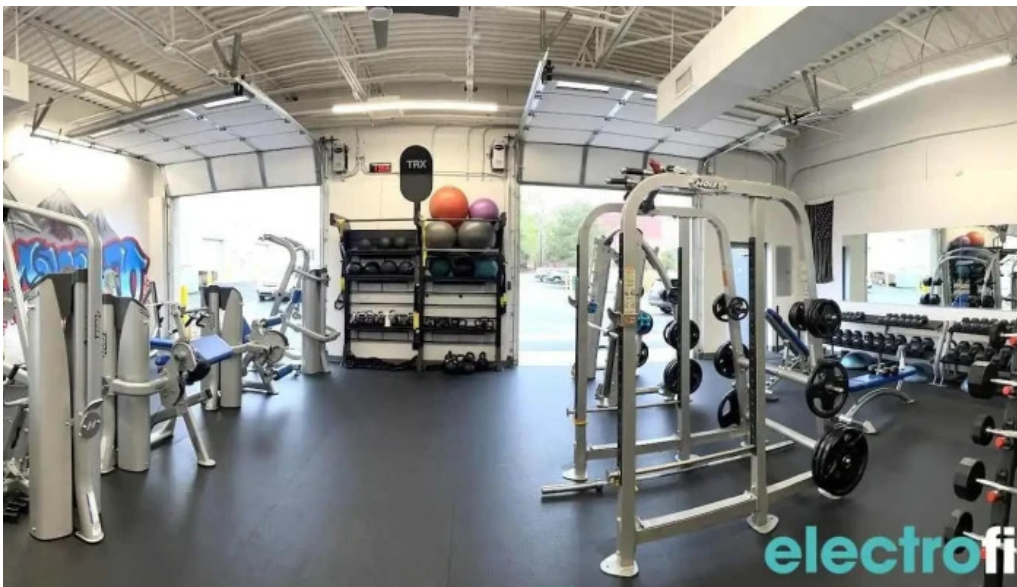
The website is [Total Fitness Colorado](#)

If you wish to adjust any detail that you think is not accurate concerning this site, we kindly request deliver a message so that we will adjust it quickly. With anticipation thanks.

## Images

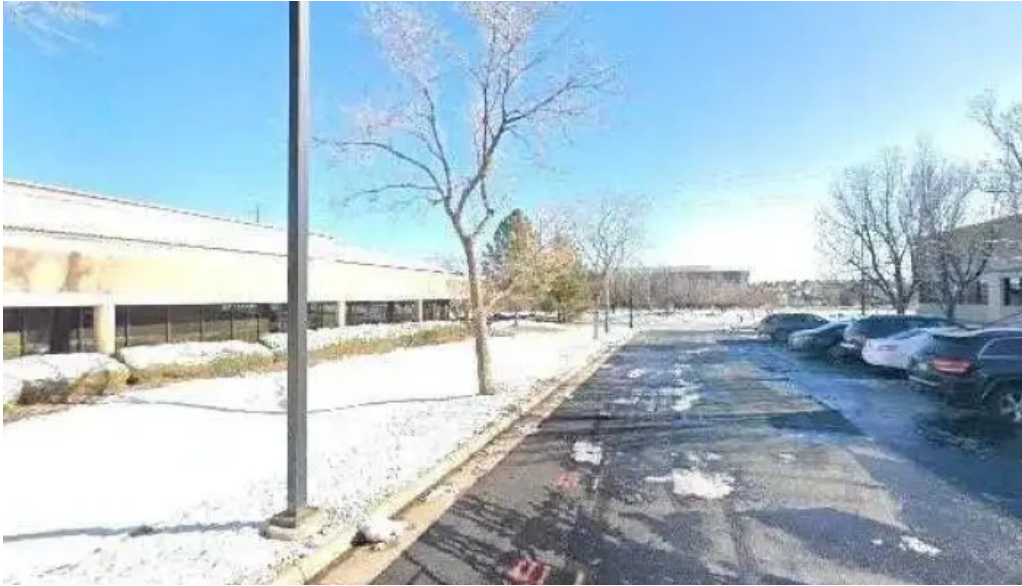


*Total fitness colorado videos*



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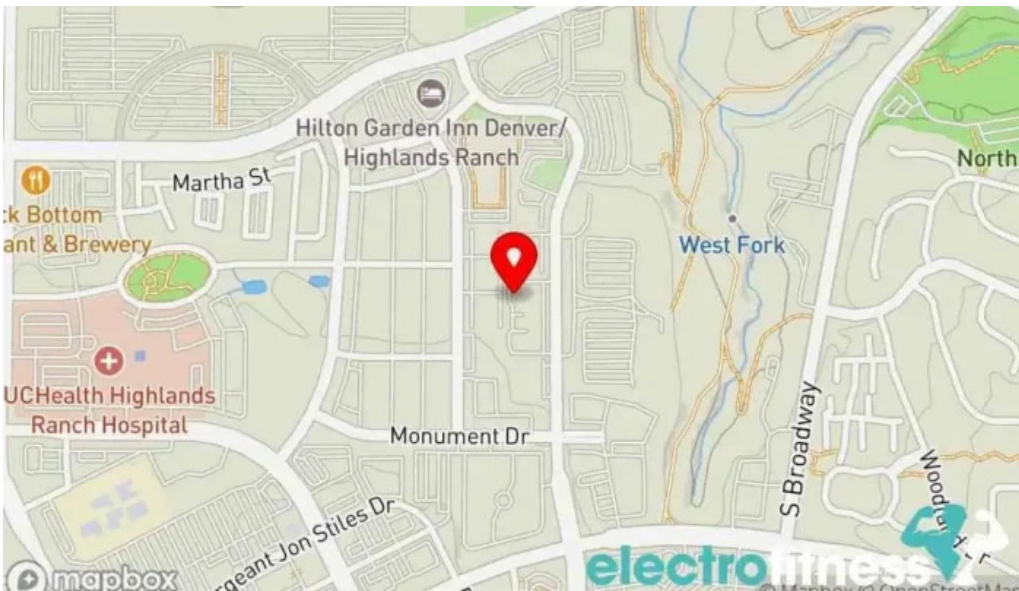
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## Tags

*Wheelchair-accessible toilet, Outdoor services, Wheelchair-accessible entrance, LGBTQ+ friendly, Accessibility, Online classes, Transgender safe space, On-site services, Appointment required, Appointments recommended, Planning, Service options, Wheelchair-accessible car park, Crowd, Toilet, Amenities*

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hair salon
health consultant
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hiking area
hospital
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karate school
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kinesiologist
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martial arts club
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