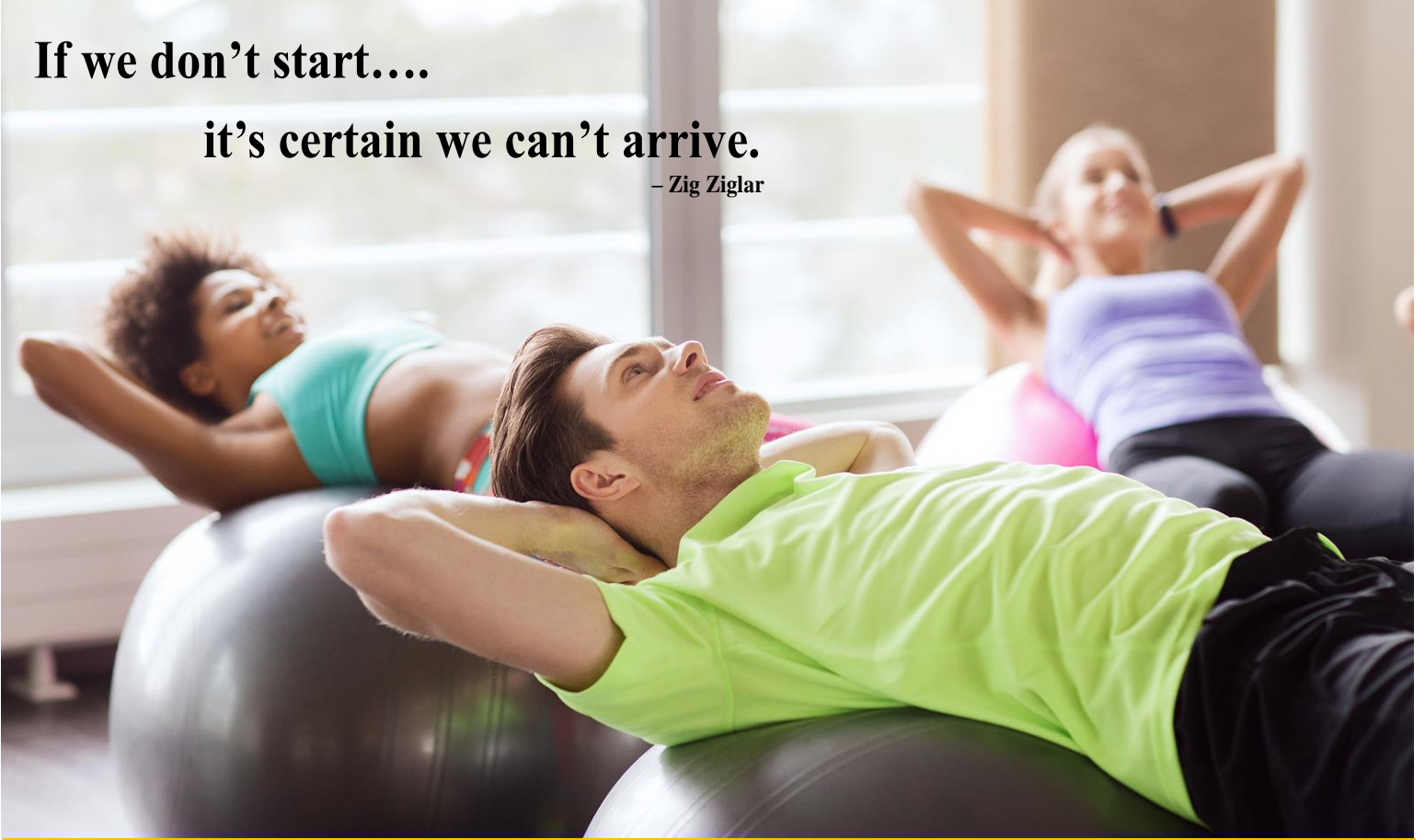


If we don't start....

it's certain we can't arrive.

– Zig Ziglar



State Employee Wellness Center

Welcome to the State Employee Wellness Centers operated by Healthbreak, Inc. We look forward to having you as a member! The Wellness Centers provide an exciting opportunity for any State of Colorado employee located in the Capitol Complex area to maintain or improve your health.

We are the most **affordable** and **convenient** option in the area!

Two Great Locations Downtown Denver

1570 Grant St Wellness Center
Monthly Membership Dues: \$27
Monday-Friday: 5am-8pm
Saturday: 8am-2pm

AND

1525 Sherman St Wellness Center
Monthly Membership Dues: \$12
Monday-Friday: 7:30am-5pm

Services Available

FULL-SERVICE WORKOUT FACILITIES

Treadmills, ellipticals, stair steppers, upright bikes, recumbent bikes, free-weights, circuit machines, smith machine, locker rooms, showers, and MORE!

PERSONAL TRAINING

Individual and group training sessions available in very affordable packages to help you reach your personal fitness goals.

GROUP FITNESS CLASSES

Free group fitness classes tailored to all fitness levels including, weight training, cardio, and core training.

*only available at Grant location



For more information or to schedule a tour,
e-mail statewellness@healthbreakinc.com
or call 303-866-2213