

Fitness & Self-Care

Everfit 20

(303) 246-7770 | everfit20.com

This isn't another personal trainer program, this is revolutionary! An effective slow-motion strength training regime, scientifically proven to get you the best results in minimum time! Everfit20.com

Evergreen Movement Studio

(303) 807-4980 evergreenmovementstudio.com

1262 Bergen Parkway, St. 18E | Evergreen | *Movement is life! At Evergreen Movement Studio we teach Gyrotonic, dynamic, fun, low-impact exercise to help ensure living life in a happy body.*



Evergreen Park & Recreation District

(720) 880-1110 evergreenrecreation.com
32003 Ellingwood Trail | Evergreen |

Elevate your workout and stay active with endless choices : hiking, cross country skiing, tennis, pickleball, ping pong, volleyball, fly fishing, softball ... the list goes on and on. If eligible, many programs offer a senior discount (60+), a minimal co-pay or no charge at all.

Inspired Fitness

(720) 320-4770 | inspiredfitnessclub.com

Group Fitness CENTRAL LOCATION in Bergen Park! Bigger and better than ever with 9 trainers and 35+ classes per week! Our philosophy is to look strong, be strong and enjoy the journey. First class always FREE!

Light Lounge

(720) 791-3000 lightlounge.life

1262 Bergen Parkway Suite E14 | Evergreen | *More energy, heal faster from injuries or hard workouts! Tap your bodies potential to heal and relieve pain without the use of drugs or side-effects? Clinically proven. Try Photobiomodulation today!*

Nick's Pro Fitness

(303) 674-6902 | nicksprofitfitness.com

Group Fitness CENTRAL LOCATION in Bergen Park! Bigger and better than ever with 9 trainers and 35+ classes per week! Our philosophy is to look strong, be strong and enjoy the journey. First class always FREE!

One Tree

(303) 542-7212 onetreecolorado.com

29713 Troutdale Scenic Dr Unit C-1 | Evergreen | *One Tree Wellness offers a variety of integrative treatments including halotherapy, hydrotherapy and quantum biofeedback. Visit our website for more information!*

Return To Sport Physio

(646) 591-9696 returntosportphysio.com

2942 Evergreen Parkway | Evergreen | *Helping 35+ Active Adults Overcome Aches, Pains and Injuries So They Can get Back To The Activities They Love and Improve Their Health Naturally Without Pain Medications, Injections or Surgery.*

Studio B Evergreen

(720) 202-8772 | studiobeevergreen.com

Studio B (the B is for bliss) is a beautiful & welcoming yoga studio located in Historic Downtown Evergreen offering a thoughtful schedule of Hatha Yoga, workshops, meditation & trainings.

True Yoga

(303) 670-7730 | TrueYogaEvergreen.com

True Yoga is a full service yoga studio that come from the heart and welcomes practitioners of all levels. We have a wide variety classes including hot yoga with a heat & humidity system.

TuRNING Point Health & Wellness

(720) 807-8100 turningpointhw.com

| Conifer |

Holistic Transformational Health & Wellness Coaching by an RN.

Welcome to Evergreen

Fitness, Spas, Salons & Self-Care.



EVERGREEN AREA Chamber of Commerce



(303) 674-3412 | EvergreenChamber.org

1524 Belford Court



Spa & Salon Services

The Barber Stop

(303) 674-2257 | thebarberstop-evergreen.com

We are a family barbershop that offers low cost hair care services to mountain families. Head barber Lisa Jones has 29 years of experience and can take care of the whole family. Stop on by!

Bare Esthetics and Salon.

(970) 209-4587 | bareskin-colorado.com

Full Body waxing studio and permanent make-up and lash extensions

Essence Hair, Skin & Body

(303) 670-0777 | essencehairandbodyretreat.com

Essence is a relaxing salon and spa located in Bergen Park (N. Evergreen). We specialize in massage, skincare, makeup, face & full body waxing, full service hair design, manicuring, & retail boutique.

Evergreen Body Contouring and Aesthetics

(720) 366-8419 | coolsculptingofevergreen.com

We are a medical spa specializing in helping people in the mountain and surrounding communities gain confidence with Coolsculpting, RF Micro needling and non invasive BBL's.

Evergreen Massage

(303) 674-1840 | evergreencomassage.com

EM's vision is to create a massage experience that truly inspires change, sessions catered around your needs and goals. From relaxation to pain management to regaining range of motion. We do it all!

Flicker & Finch Salon and Boutique

(214) 808-8603 | flickerandfinchsalon.com

Hair salon and boutique specializing in haircuts and color for the entire family. We also have a makeup artist and small boutique offering unique, trendy clothes, accessories, and candles.

Healing Traditions Bodywork, LLC

(720) 244-7217 | healingtraditions-massage.com

Award-Winning Massage: Voted Best Massage Therapist by mountain-area residents. Specializing in effective techniques for injuries & chronic aches and pains. Now offering Reiki & Reflexology.

Milou Salon

(303) 679-1062 | milousalon.com

At Milou Salon, we offer incredible hair and salon services along with the best massages and facials in Evergreen. We pride ourselves on providing the highest quality of service to our clients.



Osmosis Beauty

(303) 674-7660 | OsmosisBeauty.com

Since 2007, Osmosis has been one of the most trusted professional global skincare brands. Based out of Evergreen, Colorado, we offer various skincare, makeup, and wellness products.

Pixie Hair Studio

(720) 535-7937 | pixiehairco.com

A boutique hair salon offering cuts, color, highlights, balayage, Brazilian Blowouts, and conditioning treatments located in downtown Evergreen.

Simply You MedSpa

(720) 377-4199 | simplyumedsa.com

Medical Aesthetics and wellness spa offering a variety of skin-improving lasers, injectables, microneedling and skin care. We will also be offering infrared sauna therapy and chromotherapy.

TallGrass Aveda Spa & Salon

(303) 670-4444 | tallgrassspa.com

So close to Denver, so far away from everyday cares, TallGrass is the perfect retreat. Relax and unwind in our beautiful Great Room as you anticipate our full service menu of luxurious spa treatments.