

Urban Survival Fitness

We are the best no frills fitness center in the Denver, Park Hill, and Stapleton area.

We focus on specialized group fitness classes for fitness enthusiasts of all levels, professional women, youth athletics, and seniors.


Each class is guaranteed to confront you with a new challenge and test your skills in martial arts, dance technique, strength training, cardio vascular endurance, and yoga.

Can you and your peers survive?

Jeffrey McMillan

Fitness Enthusiast

Fitness enthusiasts, amature athleets, and people interested in becoming more well rounded athletes will find a new challenge in each group fitness class. Come train and compete with other like minded people.

 group of young adults exercising in a challenging group fitness class in denver colorado


Youth Athletics

Our youth programs include nutrition planning, sport specific conditioning, and general youth fitness. Urban Survival Fitness is a great place for parents and your children to have fun an exercise together.

 a group of children and their parents playing and having fun together in a group fitness class in denver colorado


Womens Fitness

Single moms and professional women can learn to recognize and respond to potentially dangerous situations by taking our Women's Self Defense class.

 a woman practicing self defense in denver

Seniors

We have group exercise classes for seniors that help you with flexibility, mobility, and general fitness.

 a group seniors having fun exercising in a group environment in denver colorado

What Our Customers Say

Every time I train with the group at Urban Survival Fitness, I experience a new challenge and it never gets old

*Cedric B.*Denver, CO

The group fitness classes help me train for the triathalons that I run yearly

*Joe S.*Denver, CO

The people that workout here motivate me to work harder. Everyone sweats, everyone cheers you on, everyone helps me be the best me that I can be.

*Terri K.*Park Hill, CO

This isn't a social club like CAC, Forza, or DAC. We show up on time, get in, work our tails off, and get out. You will get out of it, what you put in.

*Tom S.*Park Hill, CO

What We Offer

- Group classes combine boxing, martial arts, yoga, and dance techniques
- A challenging alternative to your average bootcamp, our classes don't end after 6 weeks
- Group classes are competitive like crossfit without the technical challenge
- A great supplement to any triathlon, strong man, obstacle course, military style event, or athletic program that you may be training for
- Multiple certified personal trainers in every class
- One on one coaching is available
- Optional, personalized fitness programs, wellness programs, and diet programs
- A clean facility with all equipment needed for every class
- A fun and friendly, yet challenging, group fitness experience

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