

Renew Performance Center in Pasadena announces Grand Opening this Saturday, March 30

The brand new sports performance, rehab, and fitness recovery services business Renew Performance Center in Pasadena has officially announced its Grand Opening

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/EINPresswire.com/ -- [Renew Performance Center](#): A Revolutionary Approach to Health and Wellness Comes to Pasadena:

Renew Performance Center is thrilled to announce its grand opening in the heart of Pasadena, CA, set for Saturday, March 30th. This state-of-the-art facility represents a new era in health and wellness, blending cutting-edge sports performance, injury rehab, and fitness recovery services with a nourishing superfoods cafe and coffee boutique. The grand opening party, open to the public, promises to be an event that will introduce attendees to a holistic approach to health and wellness like never before.

A New Destination for Elite Performance and Recovery:

Located at 600 E. Colorado Blvd. Suite 110, in the vibrant community of Pasadena, Renew Performance Center is poised to become a premier destination for athletes, fitness enthusiasts, and anyone looking to enhance their physical well-being. The center's comprehensive offerings are designed to cater to a wide range of needs, from elite athletic performance enhancement to comprehensive injury rehabilitation and general fitness recovery. They have secured prime real estate right off Colorado Blvd and next door to Urth Caffe and Anytime Fitness in the heart of the city.

Cutting-edge Facilities and Services:



Renew Performance Center Grand Opening flyer

Renew Performance Center prides itself on offering an unparalleled array of services and facilities, including:

- [Cold Plunge](#) & Infrared Sauna: Utilize the power of extreme temperatures to enhance recovery, reduce inflammation, and improve circulation.
- Red Light Therapy & Compression Therapy: Innovative treatments designed to accelerate recovery, enhance performance, and support overall health.
- Hypervolt and Stretch Sessions: Personalized sessions aimed at improving flexibility, reducing muscle stiffness, and enhancing mobility.
- Massage Services: A variety of massage techniques provided by skilled therapists, focusing on relaxation, muscle recovery, and injury prevention.
- And Much More: Additional services include personalized fitness assessments, tailored rehabilitation programs, and cutting-edge performance enhancement techniques.

Superfoods Cafe and Coffee Boutique:

Beyond its fitness and recovery services, Renew Performance Center introduces a Superfoods Cafe and Coffee Boutique, a haven for health-conscious individuals. The cafe offers:

- Specialty Coffees & Organic Cold Pressed Juices: Energize your day with our selection of gourmet coffees and nutrient-packed juices.
- Kava & Kombucha: Experience the calming effects of Kava or the gut-health benefits of our house-brewed Kombucha.
- Healthy Meal Prep: Nutritious, delicious, and convenient meal options designed to support your wellness goals.
- And More: A variety of superfoods, snacks, and treats, all aligned with our mission to promote health and wellness.

Grand Opening Party – A Day of Celebration and Discovery

The grand opening party on Saturday, March 30th, is not just a celebration but an invitation to experience the future of wellness. Starting at 11:00 AM and running until 4:00 PM, the event will feature:

- Live Demonstrations: Witness firsthand the transformative power of our recovery and performance services.
- Free Trials: Enjoy complimentary sessions in our cold plunge, infrared sauna, and more.
- Expert Talks: Hear from health and wellness experts on topics ranging from nutritional science to physical rehabilitation.
- Refreshments and Samples: Savor the offerings of our Superfoods Cafe and Coffee Boutique with free samples and refreshments.
- Exclusive Discounts: Grand opening attendees will receive exclusive discounts on memberships,

packages, and cafe items.

A Commitment to Community and Wellness:

Renew Performance Center was founded on the principle that true wellness encompasses both the body and the mind. "Our mission is to provide a comprehensive, integrated approach to health and wellness in a supportive, community-focused environment," says Austin Wright, co-founder of Renew Performance Center. "We believe in empowering our clients to achieve their highest potential, whether that's on the field, in the gym, or in daily life."

With a team of experienced professionals ranging from athletic trainers to nutritionists, and equipped with the latest in wellness technology, Renew Performance Center is dedicated to helping its clients achieve optimal health and performance.

Join Us on the Journey to Renewal

We invite the Pasadena community and beyond to join us at our grand opening party to celebrate the launch of Renew Performance Center. Whether you're an athlete looking to enhance your performance, recovering from an injury, or simply seeking to improve your overall wellness, Renew Performance Center offers something for everyone.

For more information about Renew Performance Center and our grand opening event, visit our website at <https://renewperformancecenter.com/> or follow us on social media at @renewperformancecenter.

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