

Orangetheory Fitness - Meridian

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Orangetheory Fitness - Meridian

Discover Orangetheory Fitness Meridian, Idaho: A Comprehensive Fitness Experience

Are you looking for a gym that combines high-energy workouts, supportive coaching, and a community atmosphere? Look no further than **Orangetheory Fitness in Meridian, Idaho**. This unique fitness studio offers a variety of workouts designed to push you to your limits, while providing the motivation and structure necessary for success.

Planning Your Workout

At Orangetheory, each workout is meticulously planned out, allowing members to simply show up and dive into a 60-90 minute session that mixes cardio and strength training. The innovative heart rate monitoring system provides instant feedback, helping you track your progress and stay motivated throughout your fitness journey.

Accessibility Features

Orangetheory Fitness Meridian is committed to inclusivity, featuring a **wheelchair-accessible entrance** and a **wheelchair-accessible toilet** to ensure that everyone can enjoy their workout experience. Additionally, there is a **wheelchair-accessible car park** available, making it easy for all members to access the facility with ease.

Amenities That Elevate Your Experience

This location boasts an array of amenities that enhance your workout experience. With state-of-the-art equipment and a spacious layout, members can easily transition between various workout stations. Although a **membership is required**, many find the investment worthwhile due to the exceptional quality of workouts and the supportive community atmosphere.

Swimming Pool Options

For those interested in expanding their fitness regime beyond traditional gym workouts, Orangetheory Meridian allows access to a nearby swimming pool for aqua fitness sessions. This opportunity not only adds variety but also provides a low-impact workout option ideal for all fitness levels.

Community Feedback and Insights

The feedback from members reflects a strong sense of community and support. Many appreciate the encouraging environment fostered by the coaches, who are described as both motivating and personable. One member noted, "The coaches genuinely care about each member and work to make sure you have the best workout." Another commented on the welcoming nature of the gym, saying, "It's a non-judgmental place to begin or continue your fitness journey." While some have expressed concerns about additional charges, especially regarding missed classes or equipment usage, the overarching sentiment is one of gratitude for the transformative experience provided by the workouts. Members consistently report seeing substantial physical and mental progress, stating that they "can't recommend this gym enough!"

Final Thoughts

If you are searching for an engaging, well-planned fitness program that accommodates diverse needs, consider visiting Orangetheory Fitness in Meridian, Idaho. With its varied workout routines, supportive coaches, and focus on accessibility, it might just be the right fit for you!

You can find us in

2970 N Eagle Rd #105, 83646 Meridian, Idaho - United States (US)

The phone of said **Gym** is +1208-895-9076

And if you want to send a WhatsApp, you can do so at +1208-895-9076

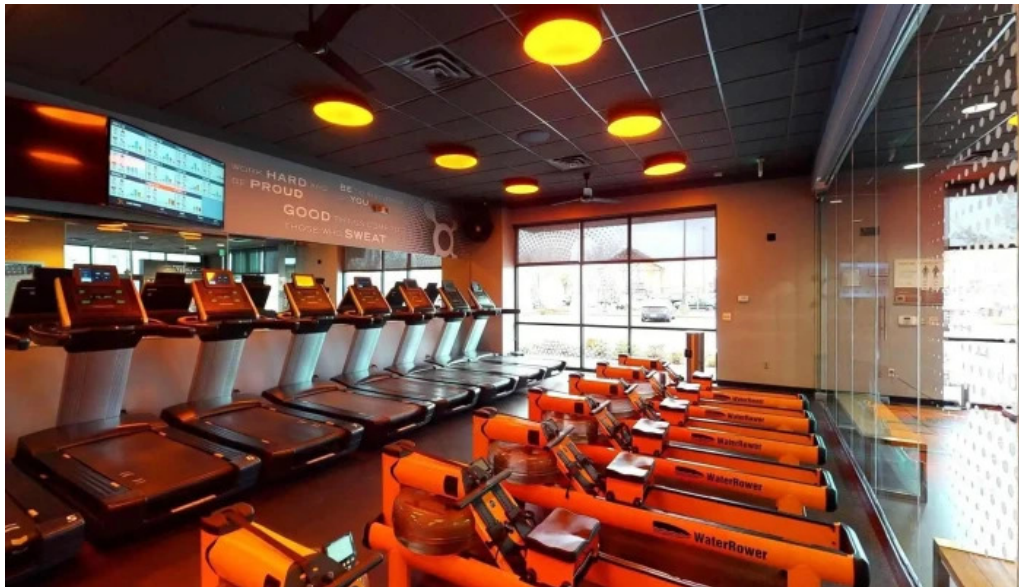
We are available at these times:

Day	Hours
Monday	4:30?AM–7?PM
Tuesday	4:30?AM–7?PM
Wednesday	4:30?AM–7?PM
Thursday	4:30?AM–7?PM
Friday	4:30?AM–5:30?PM
Saturday	6:30?AM–12?PM
Sunday	7:45?AM–12?PM

The website is Orangetheory Fitness

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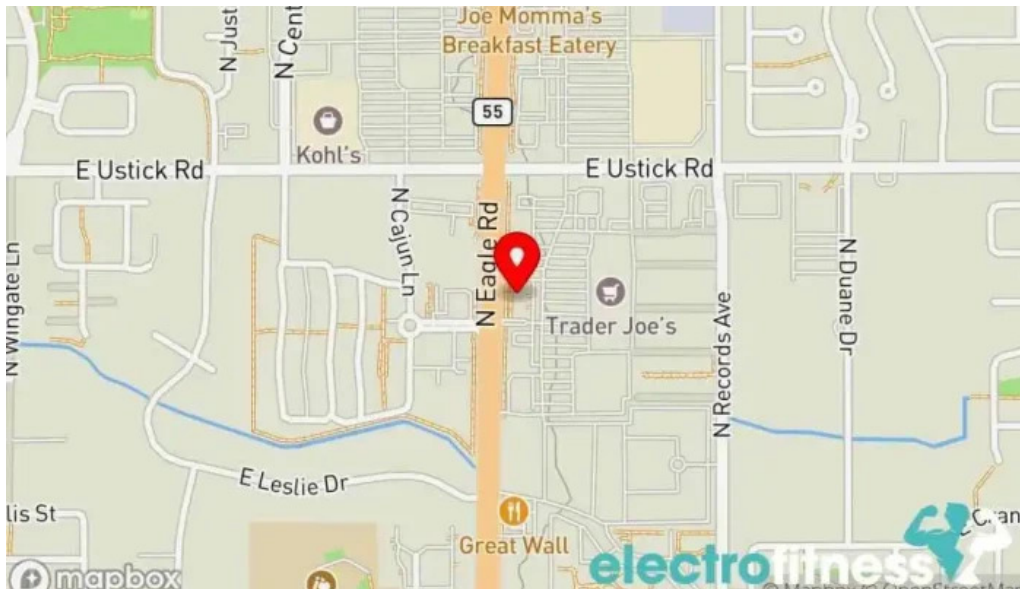
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