

Orangetheory Fitness - Oakland

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Orangetheory Fitness - Oakland

Exploring Orangetheory Fitness in Oakland, California

Are you considering a fitness journey that combines community, motivation, and effective workouts? Look no further than ****Orangetheory Fitness**** located in the Montclair area of Oakland, California. This gym has gained a reputation for its engaging classes, supportive coaches, and dedicated members.

Planning Your Visit

When planning your visit to ****Orangetheory Fitness Montclair****, it's essential to know that ****membership is required**** to participate in classes. This structured

approach not only fosters a strong community but also ensures personalized attention from the coaches. Whether you're looking to tone up, lose weight, or boost your endurance, OTF offers a variety of workout options tailored to every fitness level.

Accessibility and Amenities

One of the standout features of **OTF Montclair** is its accessibility. The gym provides a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**, making it welcoming to all members of the community. The facility is equipped with clean restrooms, ensuring comfort during your visit. In terms of amenities, members appreciate the range of equipment available. The studio frequently updates its gear, providing ample dumbbells and other accessories. There's also a positive vibe created by the lively playlists and high-energy coaching that members rave about.

Community and Support

What sets **Orangetheory Fitness** apart from other gyms is the sense of community. Members often describe the atmosphere as supportive and encouraging. The dedicated staff, including head coach Elliot, and coaches Jon, Sonia, and Mel, create an environment where everyone feels welcome. They take the time to understand each member's goals and provide personalized feedback to help them improve. As one member noted, "I love the office staff; they are invested in your success & cheer you on at every step." This sense of belonging makes it easier to stay committed to your fitness goals.

Why Choose Orangetheory Fitness Montclair?

The positive testimonials from members who have transformed their fitness habits are abundant. From newcomers to seasoned athletes, individuals find motivation and accountability in the group format. With a focus on varied workouts that combine cardio and strength training, there's something for everyone. In addition, the community spirit extends beyond workouts. Members often report making lasting friendships and connections within the gym, contributing to a collaborative and enjoyable fitness experience.

Final Thoughts

If you're searching for a gym that prioritizes community, accessibility, and effective workouts, **Orangetheory Fitness in Oakland** could be the perfect fit. With its wheelchair-accessible facilities, dedicated staff, and strong focus on member support, OTF Montclair is not just a gym; it's a lifestyle choice that encourages personal growth and well-being. Don't just take our word for it. Experience your first class for free! Planning your visit is just the beginning. Join a vibrant community today and start your fitness journey with OTF Montclair!

You can visit us at the address:

2084 Mountain Blvd #102, 94611 Oakland, California - United States (US)

The contact phone of this **Gym** is +1510-394-0559

And if you want to send a WhatsApp, you can do so at +1510-394-0559

Our service hours are:

Day Hours
Monday

5?AM–6:40?PM

Tuesday

5?AM–6:40?PM

Wednesday

5?AM–6:40?PM

Thursday

5?AM–5:20?PM

Friday

6:20?AM–12:10?PM

Saturday

6:20?AM–12:10?PM

Sunday

5?AM–6:40?PM

The website is Orangetheory Fitness

In case you want to adjust any detail that you consider is not accurate regarding this site, we urge you to send us a message and we will handle it quickly. In advance thank you very much.

Images



Orangetheory fitness website



Orangetheory fitness videos



Orangetheory fitness street view 360deg



Orangetheory fitness schedule



Orangetheory

WED, JUNE 5TH
6:00 - 8:30 PM

JOIN US AT OTF OAKLAND
MONTCLAIR FOR A 5K

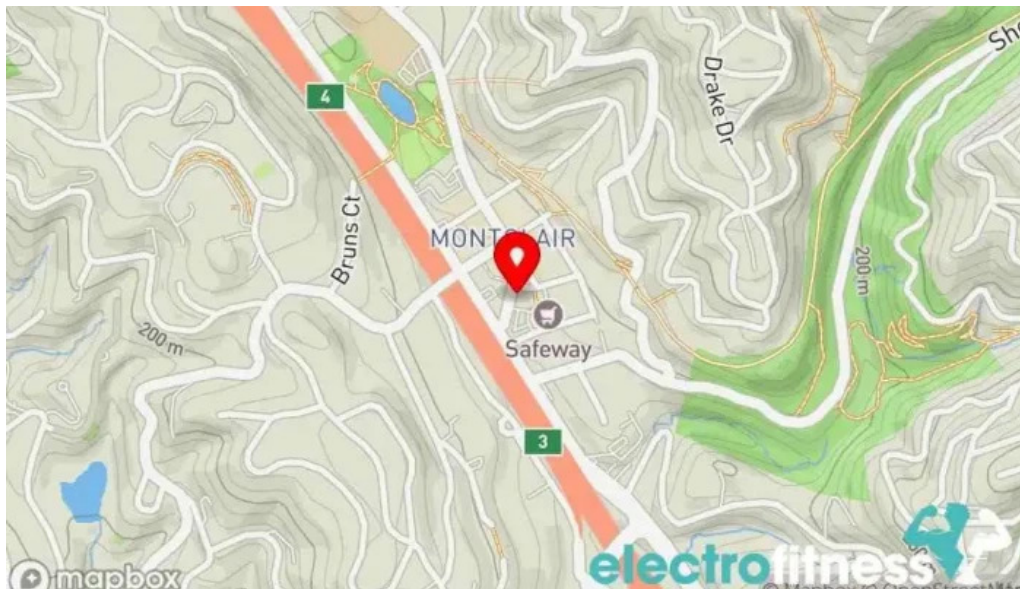


A promotional poster for an Orangetheory Fitness 5K event. The top half features a group photo of participants and staff in front of the Orangetheory Oakland Montclair studio. The background is orange. The bottom half contains the event details and a QR code.

Orangetheory fitness oakland



Orangetheory fitness number



Orangetheory fitness map



Orangetheory fitness gym



Orangetheory fitness discounts



Orangetheory fitness catalog



Orangetheory fitness by owner



Orangetheory fitness area



Orangetheory fitness all

Tags

Planning, Accessibility, Wheelchair-accessible entrance, Wheelchair-accessible car park, Amenities, Membership required, Toilet

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boot camp
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boxing gym
boxing ring
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chiropractor
church
club
coffee shop
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convenience store
counselor
country club
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cultural center
dance company
dance school
day spa
disc golf course
dollar store
educational institution
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facial spa
firearms academy
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fitness center
fitness equipment wholesaler
food producer
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gated community
golf club
golf course
golf instructor
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gym
gymnasium school
gymnastics center
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public swimming pool
recreation center
rehabilitation center
resort hotel
rock climbing
rock climbing gym
rv park
sauna
school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
software company
spa
spa and health club
sporting goods store
sports club
sports complex
sports massage therapist
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