

Orangetheory Fitness - Orlando

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Orangetheory Fitness - Orlando

Discover the Unique Experience of Orangetheory Fitness in Orlando, Florida

Located in the heart of Orlando, **Orangetheory Fitness** offers an innovative approach to fitness that is both challenging and fun. With a focus on community and individual progress, this gym is designed to cater to a wide range of fitness levels. From the moment you enter, you will notice the **wheelchair-accessible entrance** and **wheelchair-accessible car park**, making it welcoming for everyone.

A Comprehensive Workout Environment

This facility not only offers intense workouts but also includes amenities such as a **swimming pool** and a **wheelchair-accessible toilet**. These features ensure that all members can enjoy their fitness journey comfortably and with ease. The gym's thoughtful **planning and accessibility** make it a standout choice for anyone looking to engage in a supportive workout environment.

What to Expect from Your Workouts

The coaching staff at Orangetheory Fitness has received rave reviews for their energy and expertise. Members have appreciated how coaches like Joey and RJ bring motivation to the traditional 60-minute classes, which seamlessly blend cardio and strength training. One member noted, "I absolutely love Orange Theory! The workouts are challenging yet fun, and the trainers motivate you to push past your limits."

Community and Support

The sense of community at Orangetheory is unmatched. Every session feels like a family gathering, where everyone supports each other's goals. Many first-time visitors have highlighted how welcoming the staff is, making it easy to feel at home. One newcomer mentioned, "Emily and Kenzie were so inviting and helpful for my first time at orange theory." This atmosphere fosters not just fitness achievements, but lasting friendships as well.

Diverse Workout Formats

Members enjoy a variety of workout formats, keeping every visit exciting and engaging. From themed classes to personal benchmark achievements, Orangetheory encourages everyone to challenge themselves and celebrate their progress. According to one loyal member: "This place allows you to see non-scale victories and challenges you to improve yourself through small increments!"

Commitment to Individual Needs

Trainers are attentive to individual requirements, ensuring that everyone works out according to their own fitness level. As someone with health concerns stated, "Coach James always is there to help me out and show me an alternate way of doing the exercises." This personalized attention makes each workout effective and safe for all participants.

Pricing and Membership

While the monthly fees can be viewed as pricey (averaging upwards of \$170/month for unlimited access), many members believe the investment is worth it for the quality of coaching and facilities provided. The ability to use your membership at any Orangetheory location across the country adds further value to the experience.

Conclusion

If you're searching for a dynamic fitness program in Orlando, Orangetheory Fitness is the perfect choice. With a commitment to accessibility, a vibrant community, and exceptional coaching, this gym redefines what it means to work out. Start your journey today and discover why so many individuals rave about their experiences at this unique fitness studio!

We are at

12301 Lake Underhill Rd, 32828 Orlando, Florida - United States (US)

The phone of said **Gym** is +1407-440-2906

And if you want to send a WhatsApp, you can do so at +1407-440-2906

Our service hours are:

Day Hours

Monday

4:30?AM–8?PM

Tuesday

4:30?AM–8?PM

Wednesday

4:30?AM–8?PM

Thursday

4:30?AM–8?PM

Friday

4:30?AM–8?PM

Saturday

6:45?AM–12:30?PM

Sunday

7:30?AM–1?PM

The website is Orangetheory Fitness

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Images



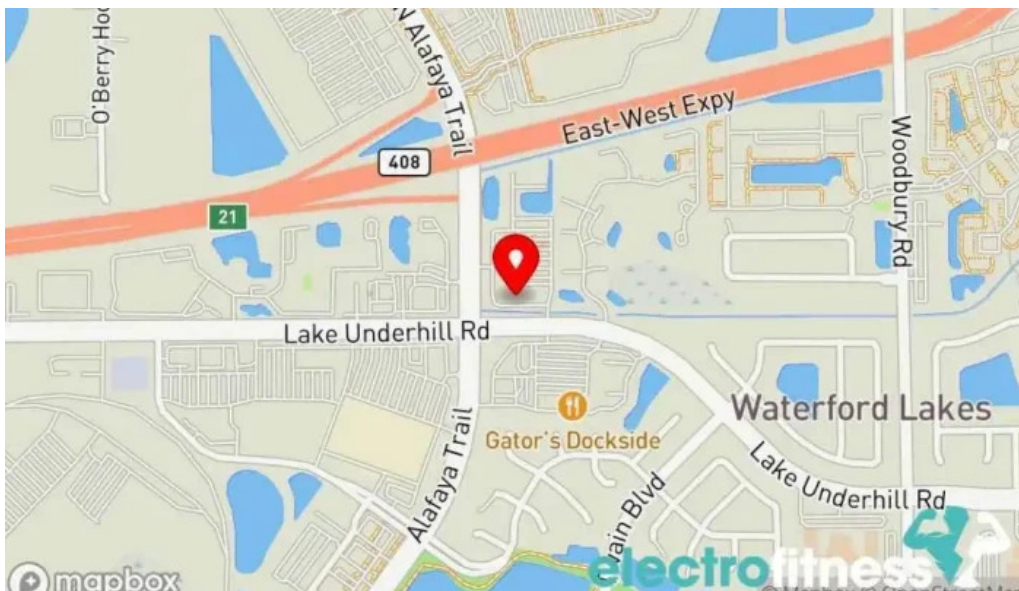
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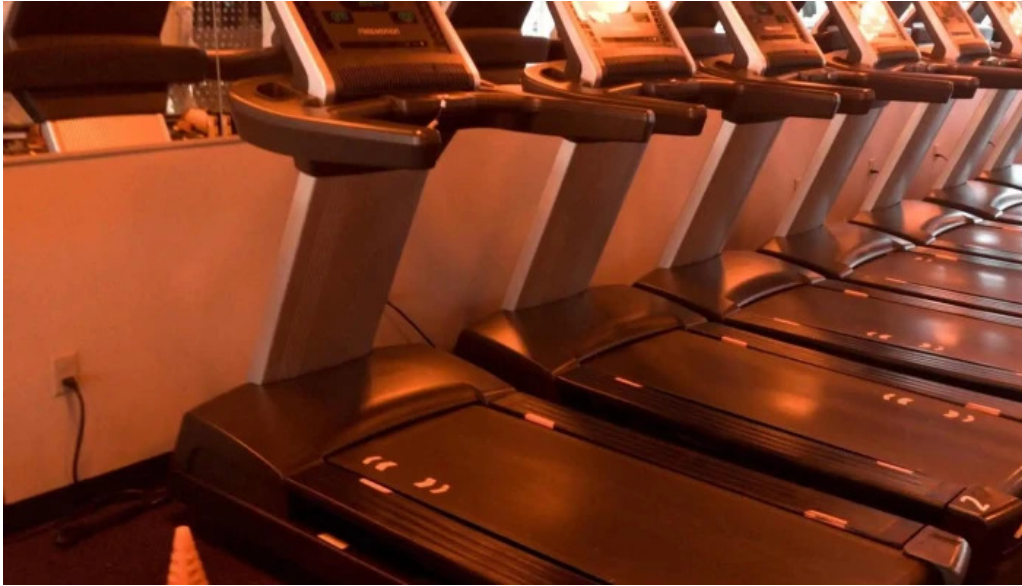
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Tags

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

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senior citizen center
shooting range
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spa
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sports club
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sports medicine clinic
sports nutrition store
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