

Orangetheory Fitness - San Jose

san jose

☐ I'm not a robot



RECAPTCHA

Published on: 24/05/25	Hits: 1638
Comments: 0	See comments
Votes: 182	Score: 4.6

https://www.electrofitness.com/gym/san-jose/orangetheory-fitness-san-jose_329260.php



san jose

Orangetheory Fitness - San Jose

Exploring Orangetheory Fitness in San Jose, California

Orangetheory Fitness at the Rose Garden in San Jose is not just another gym; it's a community-driven fitness experience that combines state-of-the-art equipment with motivated training to deliver remarkable results. If you are seeking a new fitness routine or simply want to break free from monotony, this studio has much to offer.

Facility Amenities

The ****amenities**** at this location are designed for convenience and comfort.

The studio boasts a ****swimming pool**** for post-workout relaxation and various other fitness options. For individuals with mobility challenges, the facility features a ****wheelchair-accessible entrance****, ensuring everyone can easily access the workouts. Furthermore, there's a ****wheelchair-accessible car park**** and a ****wheelchair-accessible toilet**** available onsite, making it an inclusive environment.

Class Structure and Coaching

At Orangetheory, members appreciate the layout of classes, which caters to diverse fitness goals and levels. As one member noted, "I have always struggled with being consistent with my workouts. Orangetheory has changed that for me." This is largely due to the personalized attention from the coaches, who create a motivating atmosphere. Coaches like Jared and Ally have become favorites among members for their engaging teaching styles and support during sessions.

A Community Like No Other

One of the standout features of the Rose Garden studio is its unique community experience. It is described as a family vibe where clients bond over challenging workouts, making the fitness journey enjoyable. A member shared, "A great workout is always good, but a great workout with friends is unbeatable." Monthly activities outside of the studio further foster these connections.

Challenges with Policies

However, it's important to note some challenges potential new members may face. Several reviews indicate difficulty in parking, often leading to missed classes due to strict timing policies. For newcomers especially, these guidelines can feel somewhat stringent. A member shared, "Given their parking availability and policy, I prefer other studios." Clarity regarding arrival times should be communicated better during the booking process to avoid such issues.

Making a Commitment

While ****membership**** is required to join, many find that investing in a fitness routine pays off significantly. The blend of structured, intense workouts combined with knowledgeable coaching leads to tangible results. One member highlighted, "When coupled with the right diet, you'll get results fast." It is clear that those who stick with the program see real changes.

Final Thoughts

In conclusion, Orangetheory Fitness in San Jose offers a vibrant and supportive environment for all fitness levels. Equipped with modern amenities and a focus on community, it stands out as a top choice for anyone looking to enhance their fitness journey. While navigating scheduling and parking can be tricky, the benefits of joining this dynamic studio are well worth the effort.

Whether you're looking for a quick workout or a place to connect with others, Orangetheory is worth considering.

You can find us at

1360 The Alameda R18, 95126 San Jose, California - United States (US)

The contact phone of said **Gym** is +1408-912-1992

And if you want to send a WhatsApp, you can do so at +1408-912-1992

Our opening hours are:

Day	Hours
Monday	5?AM–7:45?PM
Tuesday	5?AM–6:30?PM
Wednesday	7?AM–1?PM
Thursday	7?AM–12?PM
Friday	6?AM–12?PM
Saturday	5?AM–7:45?PM
Sunday	5?AM–7:45?PM

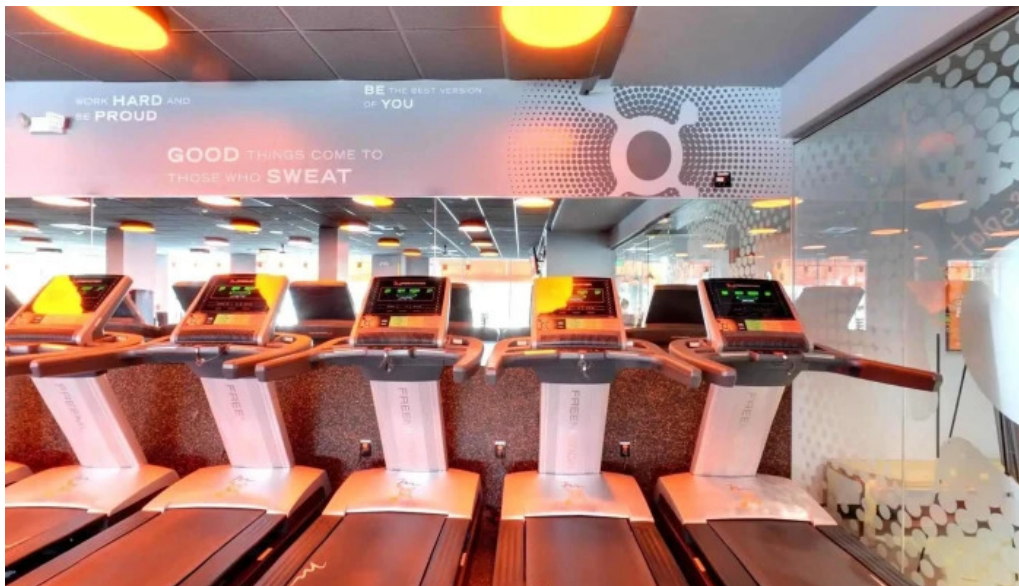
The website is Orangetheory Fitness

In case you want to alter any information that you consider is not correct about this web, we ask send a message and we will fix it at the earliest convenience. With anticipation we appreciate it.

Images



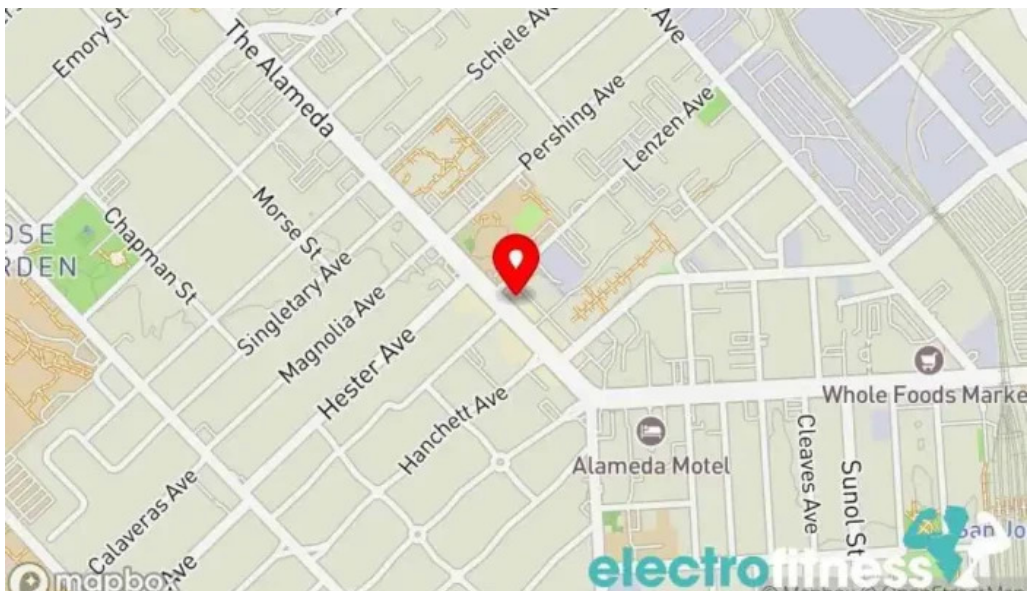
Orangetheory fitness videos



Orangetheory fitness street view 360deg



Orangetheory fitness san jose



Orangetheory fitness map



Orangetheory fitness gym



Orangetheory fitness by owner



Orangetheory fitness all

Tags

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

Related content

4.8 * *Orangetheory Fitness - San Antonio*

4.9 * *Orangetheory Fitness - San Antonio*

4.9 * *Orangetheory Fitness - Phoenix*

4.8 * *Orangetheory Fitness - Potomac*

4.7 * *Orangetheory Fitness - Washington*

4.8 * *Orangetheory Fitness - Chatsworth*

4.9 * *Orangetheory Fitness - Spokane*

4.8 * *Orangetheory Fitness - Tuckahoe*

4.9 * *Orangetheory Fitness - Alamo*

4.8 * *Orangetheory Fitness - Totowa*

Categories

academic department

acupuncture clinic
after school program
aikido school
amusement center
amusement park ride
animal feed store
apartment building
apartment complex
aquatic centre
arena
art gallery
association / organization
athletic club
auditorium
bar
barber shop
basketball club
basketball court
batting cage center
body shaping class
boot camp
boxing club
boxing gym
boxing ring
buddhist temple
cafe
children's party service
chiropractor
church
club
coffee shop
college
community center
convenience store
corporate office
counselor
country club
coworking space
cultural center
dance club
dance company
dance school

day spa
department store
disability services and support organization
disc golf course
discount store
dive shop
dollar store
educational institution
electric utility company
elementary school
exercise equipment store
facial spa
fertility clinic
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
foot care
fountain
gated community
golf club
golf course
golf instructor
grocery store
gun club
gym
gymnasium school
gymnastics center
gymnastics club
hair salon
health consultant
health food restaurant
health food store
health spa
hiking area
historical landmark
hospital
hotel
ice skating rink
indoor cycling
indoor golf course

indoor lodging
jujitsu school
karate club
karate school
kenel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
medical clinic
medical group
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
outdoor clothing and equipment shop
outdoor sports store
outdoor swimming pool
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
psychotherapist
public educational institution
public library
public swimming pool
recreation center
rehabilitation center
resort hotel
restaurant

rock climbing
rock climbing gym
rv park
sauna
school
school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
social club
software company
spa
spa and health club
sporting goods store
sports club
sports complex
sports massage therapist
sports medicine clinic
sports nutrition store
sports school
summer camp organizer
supermarket
swimming facility
swimming instructor
swimming pool
swimming school
taekwondo school
tanning salon
tennis club
thrift store
training centre
vitamin & supplements store
water park
weight loss service
weightlifting area
wellness center
wellness program
women's organization
women's personal trainer
wrestling school

yoga instructor
yoga studio
youth center
youth organization