

## Orangetheory Fitness - Washington

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## *Orangetheory Fitness - Washington*

### Discovering Orangetheory Fitness in Washington, D.C.

#### Overview of Orangetheory Fitness

Orangetheory Fitness located in Mount Vernon Triangle of Washington, D.C. is not just a fitness studio; it's a community that thrives on motivation and support. For over six years, patrons have been enjoying their unique **60-minute workouts** that promise to challenge you while checking off all the boxes for a

fulfilled exercise routine.

## Amenities at Orangetheory Fitness

The Mount Vernon location boasts various amenities that cater to all fitness levels, ensuring a welcoming environment for everyone:

**Swimming Pool:** Although swimming isn't the primary focus, this facility provides access to a pool for post-workout recovery. **Wheelchair-Accessible Entrance:** Accessibility is a priority, allowing everyone to enjoy the workout experience. **Wheelchair-Accessible Car Park:** Designed for convenience, the parking area is accessible for individuals with mobility challenges.

**Wheelchair-Accessible Toilet:** Facilities are equipped to accommodate all visitors comfortably.

## Class Structure and Flexibility

The structure of workouts at Orangetheory offers unmatched flexibility. Members appreciate how the trainers guide them between different stations, including rowing, treadmill running, and floor workouts. This variety keeps the sessions engaging, as noted by many satisfied clients. Testimonials frequently highlight the fantastic coaching staff that provides personalized feedback, creating a community feel through games and challenges.

## Membership Requirements

To dive into the exhilarating world of Orangetheory Fitness, a membership is required. This ensures you get the best experience tailored to your needs. Many members find the workouts structured yet flexible enough to allow individual customization, making it ideal for those who might struggle to stick to traditional workout routines.

## Accessibility and Experience

The ambiance at Orangetheory Fitness Mount Vernon is described as both friendly and motivating. Visitors have reported excellent customer service and a welcoming atmosphere that encourages fitness even when life gets challenging. The convenience of being near hotels and convention centers makes it easier for travelers to maintain their fitness journey.

## Community Feedback

Feedback from clients often emphasizes the amazing energy brought by the coaches. They are passionate about fitness and demonstrate dedication to each class attendee's journey. Coach Dwayne, praised for his exceptional playlists and personalized coaching techniques, is just one example of the dedicated

staff.

Many newcomers to the studio feel welcomed instantly, with staff remembering names and providing personal touches like prepared lockers and thorough introductions to the facilities.

## Final Thoughts

Orangetheory Fitness in Washington, D.C. stands out for its commitment to creating an inclusive environment for everyone, regardless of fitness level. With great amenities, perfect accessibility, and an energetic community, it's a prime choice for anyone looking to boost their health and fitness journey. Whether you are a seasoned athlete or a newcomer, there's something here for everyone.

## We are established at

425 I St NW, 20001 Washington, District of Columbia - United States (US)

The phone number of the respective **Gym** is +1202-469-1035

And if you want to send a WhatsApp, you can do so at +1202-469-1035

## Our service hours are:

Day Hours  
Monday  
5:30?AM–8?PM  
Tuesday  
5:30?AM–8?PM  
Wednesday  
5:30?AM–8?PM  
Thursday  
5:30?AM–8?PM  
Friday  
8?AM–1:30?PM  
Saturday  
8?AM–1:30?PM  
Sunday  
5:30?AM–8?PM

The website is Orangetheory Fitness

If you require to update any element that you believe is not precise regarding this site, please send us a message so that we will fix it quickly. With anticipation thank you very much.

## Images



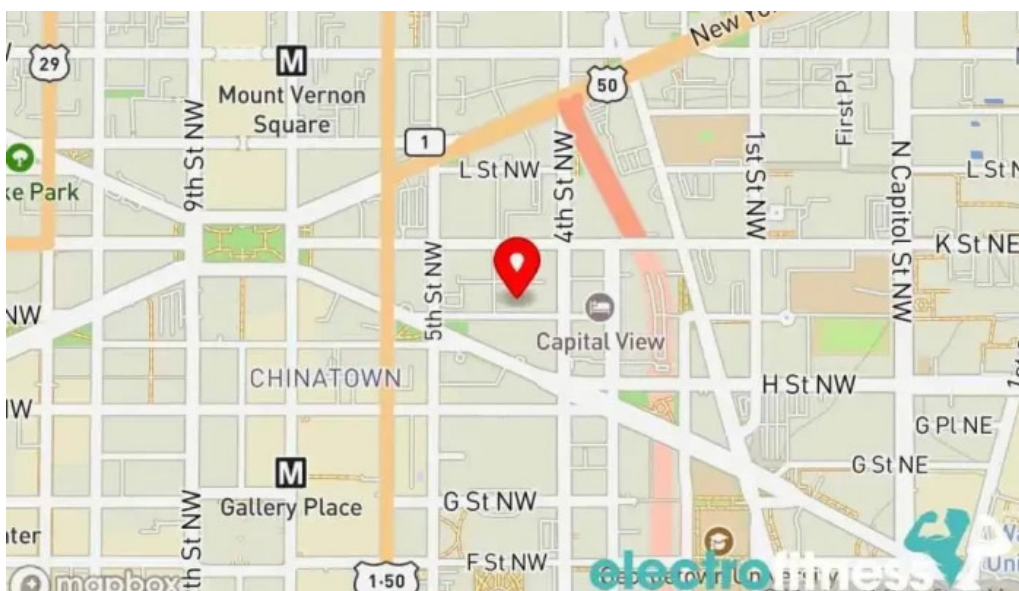
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firearms academy
fitness
fitness center
golf club
golf course
golf instructor
grocery store
gym
gymnastics center
hair salon
health consultant
health food restaurant
health spa
hiking area
hospital
hotel
indoor cycling
jujitsu school



karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
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pharmacy
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physical therapy clinic
pickleball court
pilates studio
private golf course
public educational institution
recreation center
rehabilitation center
rock climbing gym
school district office
self defense school
shooting range
shopping mall
spa
spa and health club
sporting goods store
sports club
sports complex
sports medicine clinic
sports school
supermarket
swimming instructor
swimming school
tennis club
thrift store
training centre

vitamin & supplements store
weightlifting area
wellness center
wellness program
women's personal trainer
yoga instructor
yoga studio
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