

Orangetheory[®]

F I T N E S S



heart rate based
interval training



burn 500-1,000
calories including
the afterburn



burn calories
post workout



accelerated
weight loss

FLIP-BOOK



ORANGETHEORY® FITNESS STUDIO



Designed for Success

Our layout is designed to produce results. We use the latest technology to make sure you get the optimum workout.



BURN MORE CALORIES. **GET IN THE ORANGE.**



is **NOT** just another workout.

It is a **HIGH ENERGY** fitness program designed to target body fat to get you in the best shape of your life!

“The training is fantastic. I’m 50 and recently completed a 26 mile hike in Hawaii on really rugged terrain. I would **NEVER** have made it without this training. ”



“I really like how the trainers are concerned with your well-being and how they recommend healthy and reasonable diets, not extreme ones.”



Simply put,  **Orangetheory**[®] is based on **SCIENCE**.
FITNESS

Our workouts are designed to increase your rate of
calorie burn for 24-36 hours after training with us.

The key is
E.P.O.C.

 **Orangetheory**[®]
FITNESS

E.P.O.C.

Excess Post Exercise Oxygen Consumption
This is the science we refer to as the

"ORANGE EFFECT"



This represents the increased calories you are burning while at rest.

After maintaining a heart rate of **84%** and above for 12-20 minutes your body is working harder for the effort you just put in therefore increasing the fat calories burned up to **9x** the amount you typically burn in a normal day.

FEATURES

A.N.T/Bluetooth
Technology

BENEFITS

Stronger signals &
enhanced tracking
both, in-studio and
out of studio.



Our Professional Coaches help you get more out of your workout by using personalized DATA (HR Training) to maximize your effort and garner **OPTIMAL RESULTS!**



CLASS DURATION

* The screen toggles between calories burned and heart rate



THE BEST WORKOUT IN THE COUNTRY



- STATE OF THE ART EQUIPMENT & FACILITIES
- WORKOUTS THAT ARE SCIENTIFICALLY DESIGNED
- CONVENIENT HOURS 7 DAYS A WEEK
- NO CONTRACTS
- PERSONAL ATTENTION
- ONLINE SCHEDULING
- HIGHLY TRAINED, CERTIFIED COACHES
- MOTIVATING ATMOSPHERE



		CROSSFIT	BOOT CAMP	PERSONAL TRAINING	SPINNING & AEROBICS	VIDEO WORKOUTS	YOGA & PILATES
ENDURANCE							
STRENGTH							
POWER							
FLEXIBILITY							
ALL SKILL LEVELS							

About the Workout & “Orange Effect”

“You feel so accomplished after a workout at Orangetheory! The heart monitors enable me to push myself when I would otherwise be lazy. The heart monitors don't lie! I NEVER get bored and always feel like I get a fantastic workout.”



Heart-rate monitored fitness training

Burn between **500-1000** calories including the afterburn

Combination of high-energy cardio intervals and water rowers for power and resistance training

Group Interval Training: warm up > 26 minutes of cardio intervals > 26 minutes of resistance and power training > flexibility and cool down

Backed by the science of excess post-exercise oxygen consumption (EPOC) – extra calorie burn up to 36 hours post-workout

Led by highly qualified, motivational fitness coaches

Upbeat music, clean facilities & well maintained equipment

Benefits of Heart Rate & Group Personal Training

“ I get a better work out than I was getting with my personal trainer for 1/6 of the cost! ”



Increases metabolism thru Interval Pushes...**never the same workout**

Accommodates ALL fitness levels for maximum results

Uses Cardio and Resistance Training in every workout

Eliminates Plateaus in Training

Eliminates the **“GUESS WORK”** from your workout

Increased energy for better overall health and wellness

Testimonials



"I am burning on average 650-850 calories per workout. I would only burn 250-350 calories at my regular gym."

-Pam H., Minneapolis, MN



"Orangetheory is the best workout ever, you never know what to expect out of each class."

-Shawn T., Pembroke Pines, FL

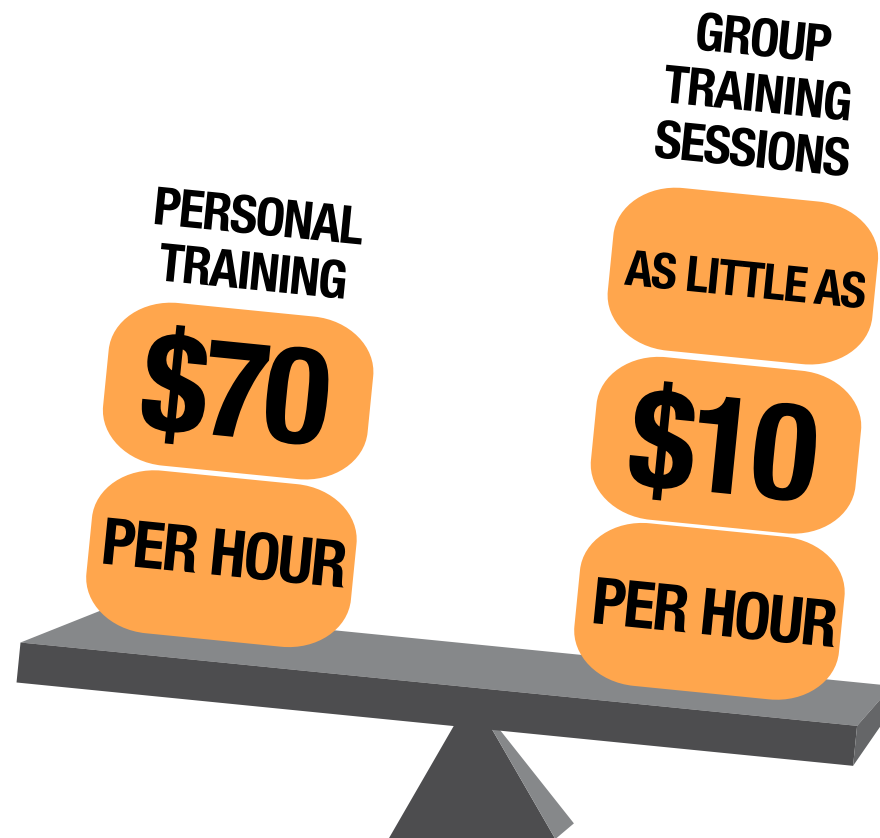


"I have been working out for years, but **have never felt so great during a workout!**"

-Becky M., St. Petersburg, FL



You Don't Need to Spend \$70 plus per hour to get the **RESULTS** you are looking for.



We Keep the **COST DOWN** while giving you the expert help and advice you are looking for!

The Orangetheory® Difference



SHARE THE INSPIRATION!

Get the camaraderie and support you need from group fitness sessions. Working out in a group provides accountability and structure to help achieve fitness goals. You are more likely to get a great workout and better results from the well-rounded movements and pace direction you get in a group setting. The session motivates each other to pick up the pace and reach beyond plateaus. People who work out in groups stick to their goals more consistently than those that work out alone. Working out in a group is more fun too! Smile at your neighbor when you would normally frown. Challenge each other to a contest, or just share your day while getting motivated by those around you. Inspire others and let them inspire you.

VALUE

- You **ALWAYS** get more for your
- money

QUALITY

Certified Fitness
Professionals using **state
of the art equipment**

CONVENIENCE

- Open **7 days** a week with
- flexible schedules



Acclaim for Orangetheory Fitness



**Best
one-hour
WORKOUT**
★★★
in the country
★★★

Open 7 Days a week!

“Affordable group personal training”

**Exciting new fitness concept
sweeping the nation, as seen
in “The New York Times”**





It's not just another workout... It is a **HIGH ENERGY** fitness program designed to target body fat to get you in the best shape of your life!

Can you think of any **REASON** why you should not get started **TODAY?**

Connect with us!    orangetheoryfitness.com

