

## Orangetheory Fitness - Alameda

alameda

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## *Orangetheory Fitness - Alameda*

### **Discover Orangetheory Fitness in Alameda, California**

If you're looking for a fitness community that combines an engaging atmosphere with effective workouts, look no further than Orangetheory Fitness in Alameda, California. This studio offers a unique blend of cardio and strength training that caters to people of all fitness levels.

### **Accessibility and Amenities**

Orangetheory Fitness is committed to being **\*\*accessible\*\*** for everyone. The facility features a **\*\*wheelchair-accessible entrance\*\*** and

**\*\*wheelchair-accessible toilets\*\***, making it easy for all members to enjoy their workouts comfortably. For those driving to the gym, there is a **\*\*wheelchair-accessible car park\*\***, ensuring convenient access right at the front door.

## **Facilities and On-Site Services**

The gym boasts state-of-the-art equipment, including treadmills, rowing machines, and free weights, which are regularly maintained to ensure a smooth workout experience. Additionally, members can enjoy a spacious **\*\*swimming pool\*\*** for aquatic exercises, though it's worth checking the available **\*\*service options\*\*** for swimming activities.

## **Planning Your Workout**

Planning your fitness journey at Orangetheory couldn't be easier. With classes starting as early as 5 am, you can fit your workouts around your busy schedule. Each session is instructor-led, providing structure while allowing participants to **\*\*adjust their workouts\*\*** according to personal fitness levels and goals. The heart rate monitoring system adds an extra layer of motivation, keeping you informed about your performance throughout the class.

## **Membership Options**

A membership is required to participate in the classes at Orangetheory Fitness. However, the welcoming environment makes it easy for newcomers to feel at home. Members frequently express how the staff isn't just supportive but genuinely makes an effort to get to know each individual. Whether you're a beginner or a seasoned athlete, the guidance provided helps you stay motivated and engaged.

## **Experience the Exhausting Yet Rewarding Workouts**

Orangetheory Fitness offers a range of workouts designed to challenge participants. Classes mix cardio, strength training, and high-intensity interval training (HIIT) providing dynamic routines that keep boredom at bay. Members often share their love for the community atmosphere and how the coaches not only push them to do their best but also correct form to prevent injuries.

## **Conclusion**

With its fantastic facilities, including **\*\*accessible amenities\*\*** and welcoming staff, Orangetheory Fitness in Alameda is a prime destination for anyone looking to kickstart or elevate their fitness journey. Whether you are using the amenities or participating in a class, the experience supports personal growth in a highly motivating environment. Join today and see why so many individuals rave about their time at this incredible studio!

**You can find us in**

2610 5th St, 94501 Alameda, California - United States (US)

The phone number of the respective **Gym** is +1510-927-4414

And if you want to send a WhatsApp, you can do so at +1510-927-4414

### **Our service hours are:**

Day	Hours
Monday	5?AM–6:30?PM
Tuesday	5?AM–6:30?PM
Wednesday	5?AM–6:30?PM
Thursday	5?AM–5:20?PM
Friday	7:20?AM–12:10?PM
Saturday	7:20?AM–11?PM
Sunday	5?AM–6:30?PM

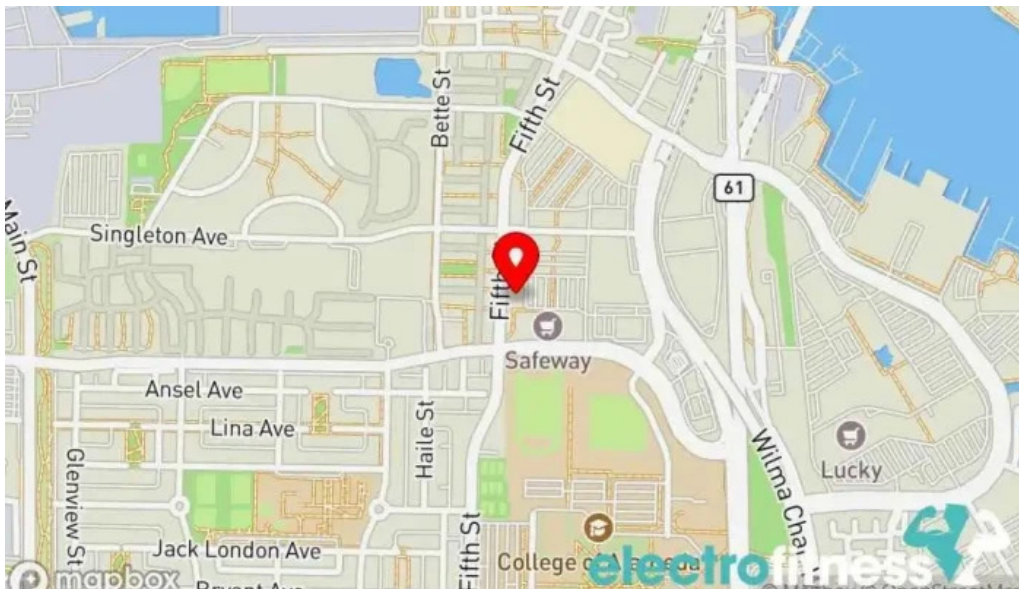
The website is Orangetheory Fitness

If necessary to modify any data that you think is not precise about this page, we kindly request send us a message so that we will adjust it quickly. Thank you in advance thank you very much.

## **Images**



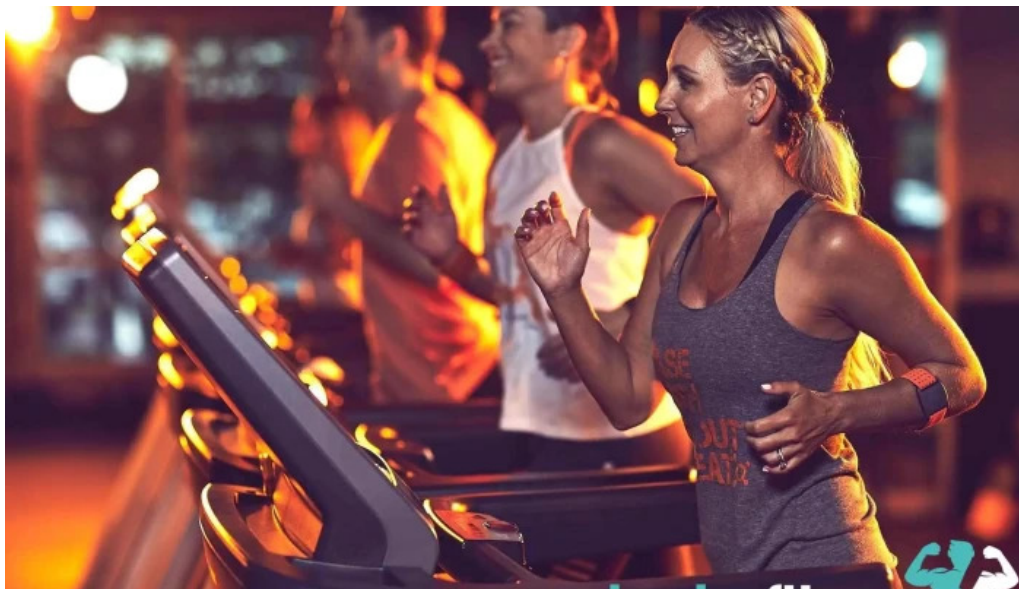
*Orangetheory fitness street view 360deg*



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*Orangetheory fitness gym*

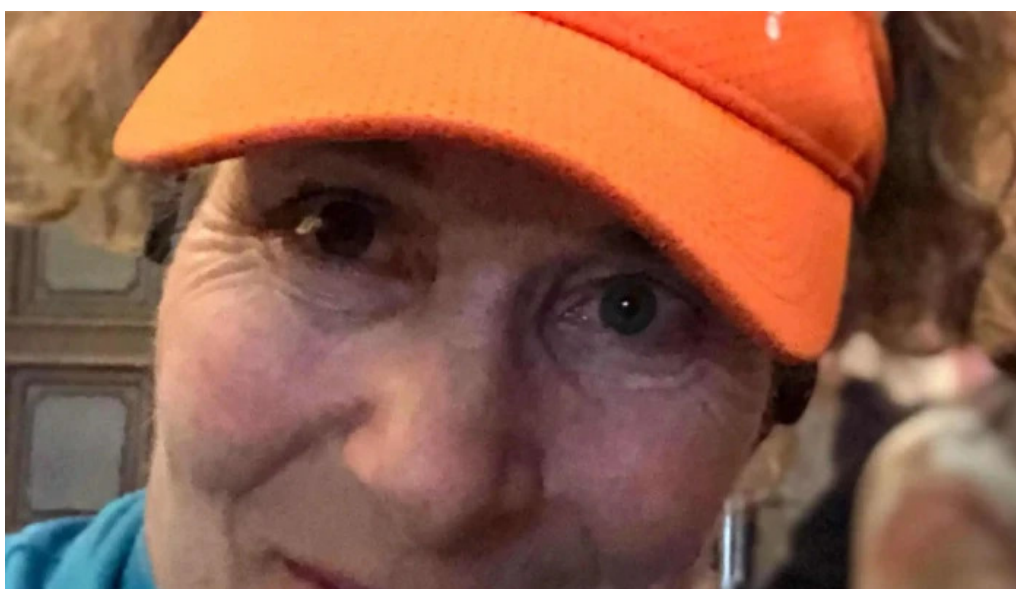


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## Tags

*Swimming pool, On-site services, Wheelchair-accessible car park, Service options, Planning, Accessibility, Wheelchair-accessible toilet, Membership required, Toilet, Wheelchair-accessible entrance, Amenities*

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country club
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dance company
dance school
day spa
disc golf course
dollar store
educational institution
elementary school
exercise equipment store
facial spa
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
foot care
gated community
golf club
golf course
golf instructor
grocery store
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health spa
hiking area
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karate club
karate school
kennel
kickboxing school
kinesiologist



kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
park
parking lot
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personal trainer
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physical fitness program
physical therapist
physical therapy clinic
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rock climbing
rock climbing gym
rv park
sauna
school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
spa
spa and health club
sporting goods store
sports club
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