

## Orangetheory Fitness - Cape Coral

cape coral

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*cape coral*

## *Orangetheory Fitness - Cape Coral*

### **Discover OrangeTheory Fitness in Cape Coral, Florida**

If you are searching for a gym that combines intense workouts with a supportive community, look no further than OrangeTheory Fitness (OTF) in Cape Coral. This unique fitness studio has gained a reputation for its motivating environment, and it has transformed the lives of many members.

### **Amenities at OTF Cape Coral**

OrangeTheory Fitness in Cape Coral offers a variety of **\*\*amenities\*\*** to enhance your workout experience. Members have access to: - **\*\*Wi-Fi\*\***: Stay

connected while you work out or catch up on your favorite shows during breaks.

- A **toilet** and **wheelchair-accessible toilet** for convenience and accessibility.
- A **wheelchair-accessible entrance** and **car park**, ensuring that all individuals can enjoy their fitness journey without barriers.
- Although there is no **swimming pool**, the comprehensive training sessions provide a full-body workout that rivals any aquatic exercise.

## Planning Your Fitness Journey

When starting at OTF, **membership is required** to participate in classes. Each session is carefully planned to incorporate high-intensity interval training (HIIT), designed to maximize your results. Whether you're a beginner or an advanced athlete, the coaches tailor workouts to meet your individual needs. Members often emphasize the importance of planning their schedules around class times to fully benefit from the program. OTF has various classes throughout the week to accommodate different routines, making it easy to fit workouts into busy lifestyles.

## Accessibility and Community

The studio's commitment to **accessibility** ensures that everyone feels welcome at OTF Cape Coral. With a **wheelchair-accessible car park** and facilities, it is a gym where inclusivity is prioritized. The friendly staff members always greet you with a smile, creating a warm, community-focused atmosphere. Many reviews highlight the sense of belonging at this location. "Everyone knows my name, and the trainers are so dedicated," one member shared, emphasizing the personal connections formed within the space. The supportive community encourages everyone to push their limits and achieve their fitness goals.

## Conclusion

In summary, OrangeTheory Fitness in Cape Coral offers a robust fitness program with excellent **amenities**, a strong emphasis on **accessibility**, and a dedicated community. Members appreciate the knowledgeable trainers and the variety of workouts offered each day. Whether you are looking to improve your strength, endurance, or overall health, this gym provides the tools and motivation needed to succeed. Experience for yourself how OTF can change your life as it has for many others.

## You can find us at

2311 Santa Barbara Blvd, 33991 Cape Coral, Florida - United States (US)

The phone number of this **Gym** is +1239-218-4644

And if you want to send a WhatsApp, you can do so at +1239-218-4644

## Our public attention hours are:

Day Hours  
Monday

5?AM–5?PM

Tuesday

7:30?AM–12?PM

Wednesday

7:30?AM–12?PM

Thursday

5?AM–7:30?PM

Friday

5?AM–7:30?PM

Saturday

5?AM–7:30?PM

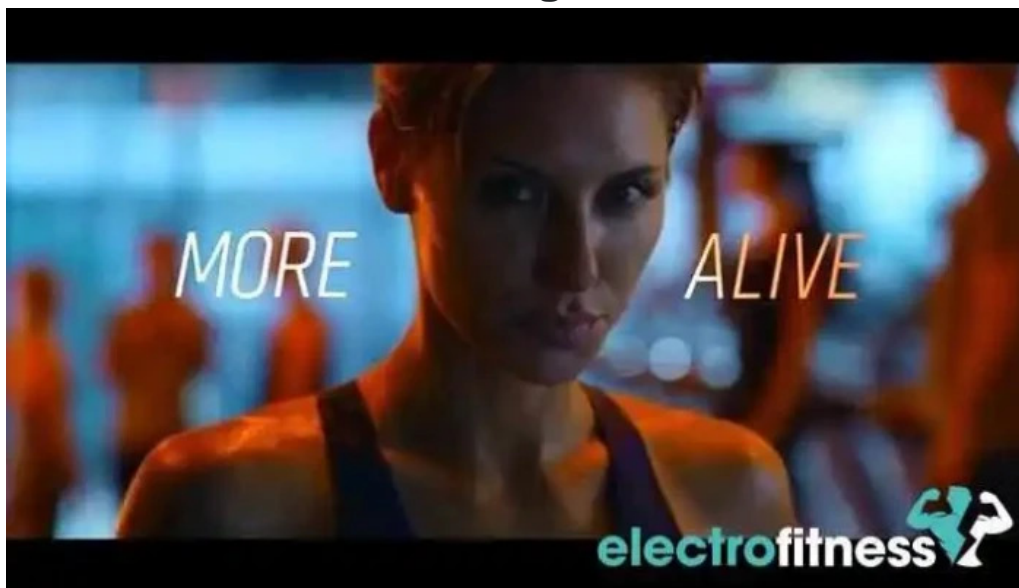
Sunday

5?AM–7:30?PM

The website is [Orangetheory Fitness](#)

If you wish to alter any element that you think is not accurate about this web, we ask send a message so we can we will adjust it at the earliest convenience. Thanks beforehand thanks.

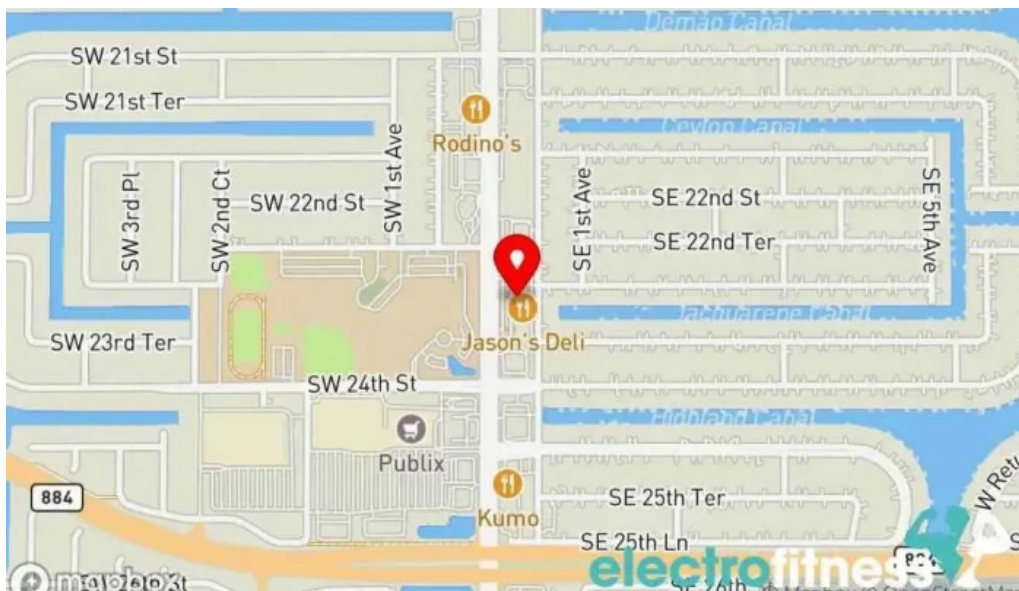
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## Tags

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

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basketball court
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boxing gym
boxing ring
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church
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counselor
country club
coworking space
cultural center
dance club
dance company

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day spa
department store
disability services and support organization
disc golf course
discount store
dive shop
dollar store
educational institution
electric utility company
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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
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ice skating rink
indoor cycling



indoor golf course
indoor lodging
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karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
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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
pain control clinic
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
psychotherapist
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recreation center
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restaurant
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summer camp organizer
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swimming school
taekwondo school
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vitamin & supplements store
water park
weight loss service
weightlifting area
wellness center
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women's personal trainer
wrestling school
yoga instructor
yoga studio
youth center
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