

## Orangetheory Fitness - East Longmeadow

east longmeadow

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*east longmeadow*

## *Orangetheory Fitness - East Longmeadow*

### **Discover Orangetheory Fitness in East Longmeadow, Massachusetts**

Orangetheory Fitness (OTF) in East Longmeadow has become a beacon for fitness enthusiasts and novices alike. This studio not only offers exceptional workouts but also focuses on creating a welcoming environment for everyone.

### **Membership Required**

To fully experience the comprehensive fitness journey provided by OTF, a **\*\*membership is required\*\***. This membership grants access to a variety of

classes designed to accommodate all fitness levels. Whether you are just starting or looking to elevate your fitness game, OTF provides the structure and support you need.

### **Amenities That Stand Out**

The **amenities** offered at OTF East Longmeadow enhance the workout experience. Members benefit from a **wheelchair-accessible car park**, ensuring ease of access for all. In addition, the facility is equipped with a **wheelchair-accessible entrance**, allowing everyone to participate in the invigorating classes.

### **Accessibility Features**

OTF prioritizes inclusivity and accessibility. The presence of a **wheelchair-accessible toilet** ensures that all members can comfortably use the facilities. Such thoughtful planning reflects the studio's commitment to providing a supportive and accommodating environment for everyone.

### **Workout Experience**

Members have shared their uplifting experiences at OTF East Longmeadow. One member commented on how they entered the studio feeling lost but left inspired after joining the community. With coaches like Meg and Julia leading the way, the energy during workouts is palpable. Many members have reported burning over 500 calories in just one hour, showcasing the efficiency of each class.

### **Swimming Pool Facilities**

While the primary focus of this location is its intensive workouts, it is worth noting that OTF does not specifically offer a **swimming pool** at this facility. However, the classes provided are diverse and dynamic, keeping members engaged and motivated through various workout formats, including treadmill training, rowing, and strength exercises.

### **Community and Support**

The sense of community at OTF East Longmeadow is unmatched. Members uplift each other, fostering an environment where everyone feels empowered to achieve their fitness goals. The staff is noted for being friendly and approachable, making every visit feel like working out with friends.

### **Conclusion**

Orangetheory Fitness in East Longmeadow, Massachusetts, offers more than just a workout; it provides a holistic fitness experience that prioritizes community, accessibility, and results. With dedicated coaches, engaging workouts, and necessary amenities, this location stands out as a prime choice for anyone looking to transform their fitness journey. Don't miss the chance to

join this inspiring community!

**The location of our business is in**

434 N Main St, 01028 East Longmeadow, Massachusetts - United States (US)

The phone number of said **Gym** is +1413-930-4500

And if you want to send a WhatsApp, you can do so at +1413-930-4500

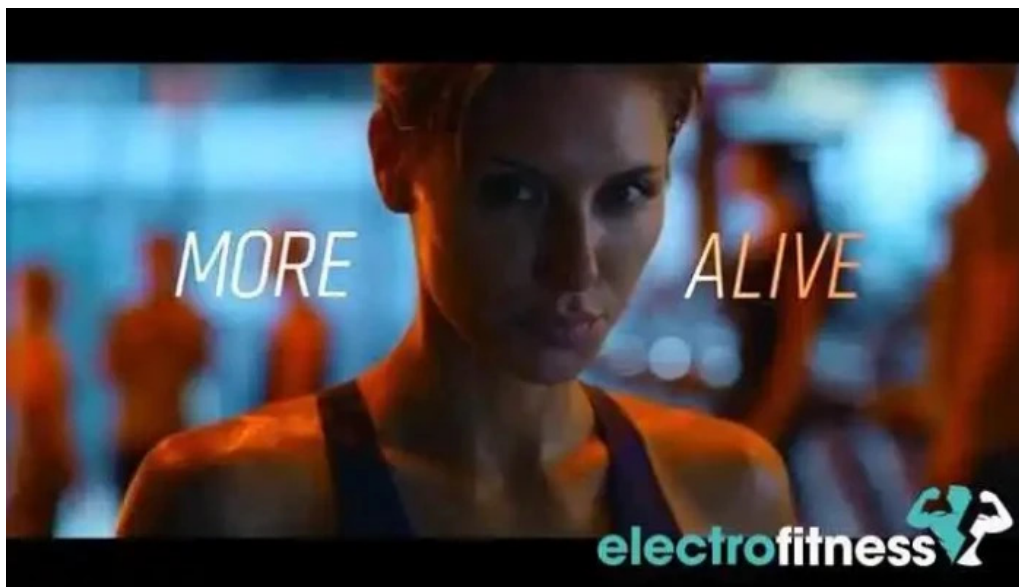
**We are open during the following hours:**

Day Hours  
Monday  
6:30–11:30?AM  
Tuesday  
7:45?AM–12?PM  
Wednesday  
5?AM–8?PM  
Thursday  
5?AM–8?PM  
Friday  
5?AM–8?PM  
Saturday  
5?AM–8?PM  
Sunday  
5?AM–6?PM

The website is Orangetheory Fitness

In case you want to alter any element that you feel is incorrect concerning this portal, please send us a message and we will correct it promptly. With anticipation thank you very much.

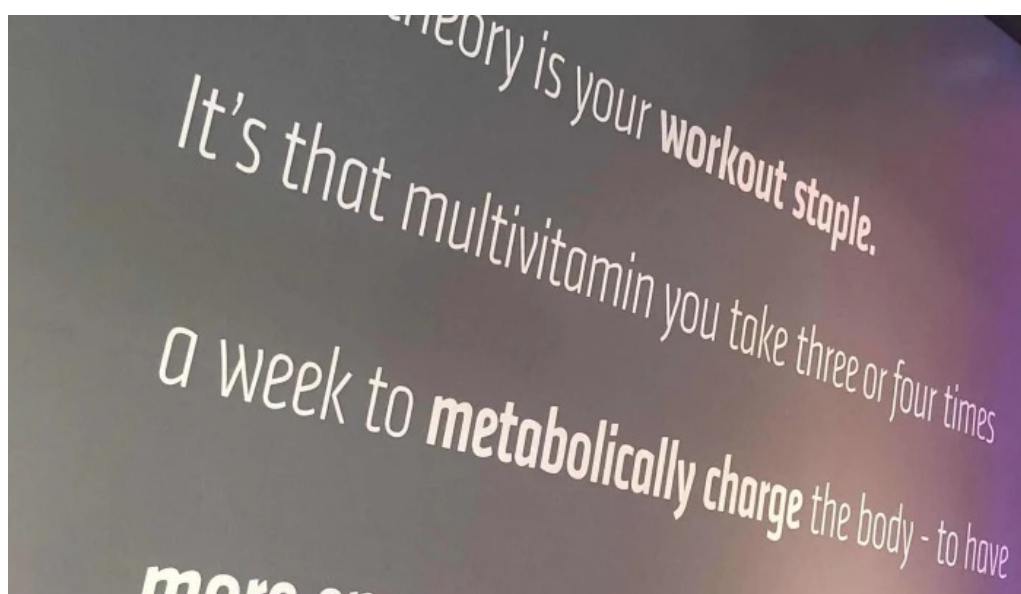
**Images**



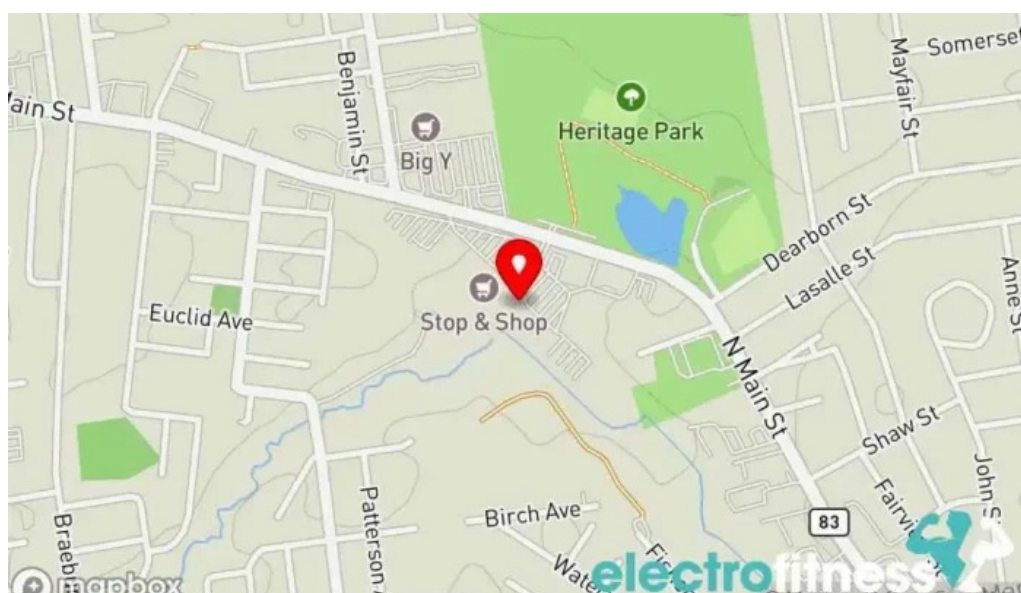
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## Tags

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

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## Categories

|                            |
|----------------------------|
| academic department        |
| acupuncture clinic         |
| amusement park ride        |
| animal feed store          |
| aquatic centre             |
| arena                      |
| association / organization |
| athletic club              |
| auditorium                 |
| bar                        |
| basketball club            |
| body shaping class         |
| boot camp                  |
| boxing club                |
| boxing gym                 |
| boxing ring                |
| children's party service   |
| chiropractor               |
| church                     |
| club                       |
| coffee shop                |
| community center           |
| convenience store          |
| counselor                  |
| country club               |
| coworking space            |
| cultural center            |
| dance school               |
| day spa                    |



|                           |
|---------------------------|
| dollar store              |
| elementary school         |
| exercise equipment store  |
| firearms academy          |
| fitness                   |
| fitness center            |
| food producer             |
| 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       |
| massage therapist         |
| meditation center         |
| metaphysical supply store |
| muay thai boxing gym      |
| non-profit organization   |
| nutritionist              |
| park                      |
| parking lot               |
| personal trainer          |
| pharmacy                  |
| physical fitness program  |
| physical therapist        |

|                                |
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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                            |
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| sporting goods store           |
| sports club                    |
| sports complex                 |
| sports medicine clinic         |
| sports school                  |
| summer camp organizer          |
| supermarket                    |
| swimming instructor            |
| swimming school                |
| tennis club                    |
| thrift store                   |
| training centre                |
| vitamin & supplements store    |
| weight loss service            |
| weightlifting area             |
| wellness center                |
| wellness program               |
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| yoga instructor                |
| yoga studio                    |
| youth organization             |