

Orangetheory Fitness - Oakland

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Welcome to Orangetheory Fitness Oakland

Orangetheory Fitness (OTF) in Oakland, California, stands out as an exceptional fitness center that caters to individuals at all levels of their fitness journey. With a strong emphasis on community and support, OTF Oakland offers a welcoming atmosphere that encourages members to push their boundaries and achieve their personal goals.

Accessibility and Amenities

The location features a **wheelchair-accessible entrance**, making it easy for everyone to access the gym facilities. Once inside, visitors will find a spacious layout equipped with state-of-the-art equipment. The amenities are impressive, including **lockers** that provide a secure space for personal belongings during workouts. Additionally, the cleanliness and upkeep of the facility contribute significantly to the overall experience.

Community and Support

One of the most praised aspects of OTF Oakland is its remarkable staff. Members frequently commend the **front desk team** for their friendliness and helpful nature. Upon entering, patrons are greeted warmly, often by name, creating an immediate sense of belonging. The instructors, such as Coach Mikey and Coach Shantel, have been highlighted for their motivating presence and ability to engage members, regardless of their fitness levels.

Workout Structure

OTF offers a unique blend of workouts that rotate between endurance, strength, and power, ensuring that no two classes feel repetitive. This variety is crucial in keeping members excited about their fitness routines. The introduction of challenges and benchmark classes allows participants to track their progress over time, further enhancing the workout experience.

Membership Required

To access the vibrant community and effective workout sessions at OTF Oakland, a **membership is required**. Many members express gratitude for this structure, noting that it provides the accountability and consistency necessary for achieving their fitness goals. The range of membership options allows for flexibility tailored to each individual's needs.

Member Experiences

Feedback from current members highlights the positive transformations they undergo while training at OTF Oakland. Many share stories of improved fitness levels, boosted confidence, and newfound friendships formed through group workouts. The supportive environment fosters connections among members, turning workouts into a social event that they look forward to.

Facilities for Everyone

OTF Oakland is committed to inclusivity, evident in its offerings for various

fitness levels and needs. The facility includes **restrooms** that are well-maintained and conveniently located, catering to all members. Furthermore, the welcoming approach from both staff and fellow members ensures a **judgment-free zone**, making it an ideal place for newcomers and seasoned athletes alike.

Conclusion

With its strong community focus, exceptional staff, and top-notch facilities, Orangetheory Fitness in Oakland is more than just a gym—it's a place where individuals can thrive in their fitness journeys. Whether you're just starting out or looking to elevate your current routine, OTF Oakland provides the resources and support you need to succeed.

Our business is at

2335 Valdez St, 94612 Oakland, California - United States (US)

The contact phone of the mentioned **Gym** is +1510-992-4117

And if you want to send a WhatsApp, you can do so at +1510-992-4117

We open at the following schedule:

Day	Hours
Monday	6:10?AM–6:50?PM
Tuesday	6:10?AM–6:50?PM
Wednesday	6:10?AM–6:50?PM
Thursday	6:10?AM–12?PM
Friday	8:30?AM–12:10?PM
Saturday	8:30?AM–12:10?PM
Sunday	6:10?AM–6:50?PM

The website is Orangetheory Fitness

If you need to alter any information that you think is not correct regarding this page, we ask forward a message and we will adjust it promptly. Thanks

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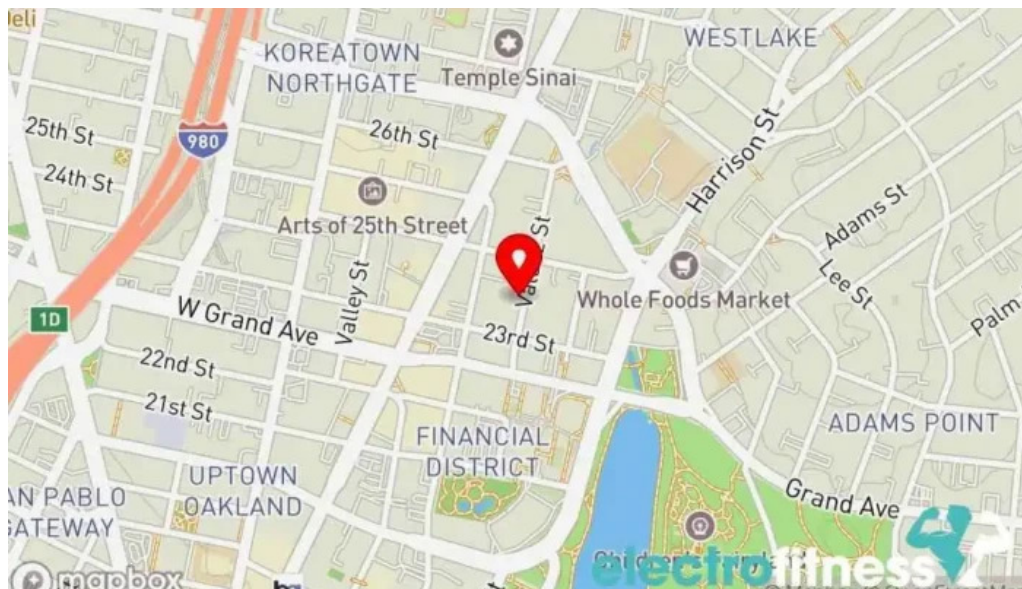
Images



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Orangetheory fitness oakland



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Tags

Accessibility, Planning, Wheelchair-accessible entrance, Amenities, Toilet, Membership required

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rock climbing
rock climbing gym
rv park
sauna
school district office
self defense school
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