

## Orangetheory Fitness - Potomac

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## Orangetheory Fitness - Potomac

### Discovering Orangetheory Fitness Potomac: A Comprehensive Overview

Welcome to Orangetheory Fitness in Potomac, Maryland, a dynamic gym that offers an invigorating workout experience. With its unique approach to fitness, this gym is designed for everyone, from beginners to seasoned athletes, ensuring **\*\*accessibility\*\*** for all members of the community.

#### Accessibility Features

One of the standout features of Orangetheory Fitness Potomac is its commitment to accessibility. The facility includes a **\*\*wheelchair-accessible car**

park\*\* and a \*\*wheelchair-accessible entrance\*\*, ensuring that all individuals can easily access the gym. Additionally, there are \*\*wheelchair-accessible toilets\*\* available, making it a comfortable environment for everyone.

## **A Welcoming Environment**

New members often rave about the friendly atmosphere at Orangetheory. Many visitors note that the studio staff is welcoming and remembers your name, making you feel right at home the moment you walk in. As one member shared, “The studio staff is so welcoming, and they always know your name.” This lively atmosphere is complemented by state-of-the-art amenities, including a \*\*swimming pool\*\*, enhancing the overall experience.

## **The Workout Experience**

At Orangetheory, workouts are structured to provide optimal results, integrating cardio and strength training. Members have expressed that the workouts are intense yet rewarding; they truly push you cardio-wise, leading to noticeable results over time. The variety in workouts keeps things interesting, with routines designed to challenge all parts of the body. As one member stated, “I love that OTF does all the thinking, designing a balanced workout, and I just have to show up and give my best effort.”

## **Membership Requirements**

It's important to note that \*\*membership is required\*\* to access the facilities and classes at Orangetheory. This investment in health is something many members find worthwhile due to the high-quality training and the motivating atmosphere provided by the coaches.

## **Coaching and Support**

Coaching at Orangetheory is aimed at empowering members through motivation and support. The coaches are known for their energy and enthusiasm, helping participants correct their form to maximize their workouts. Many members appreciate the personalized attention, especially during challenging exercises. As one attendee described, “The coaches are fantastic. They somehow manage to inspire the whole class and ensure everyone is doing the work correctly.”

## **Community Vibes**

The sense of community at Orangetheory is palpable. Members often comment on the supportive environment, feeling encouraged to push their limits alongside fellow participants. The gym fosters an inclusive culture where various fitness levels coexist harmoniously. One satisfied member declared, “Every time you show up, you will be surrounded by positive energy and encouragement.”

## **Areas for Improvement**

While the majority of experiences at Orangetheory Potomac are positive, some feedback indicates areas for improvement. Issues such as communication regarding class registration and cleanliness, particularly in changing rooms, have been highlighted by visitors. Such feedback provides valuable insights for the management to enhance the overall experience further.

## Conclusion

Overall, Orangetheory Fitness Potomac Maryland stands out as a well-rounded gym offering effective workout programs, supportive coaching, and a welcoming community. With its accessible features and diverse amenities, it's a great place for anyone looking to elevate their fitness journey. Whether you're drawn in by the effective workouts or the lively community atmosphere, Orangetheory Fitness is dedicated to helping you reach your personal goals.

## You can find us at

12435 Park Potomac Ave R-10, 20854 Potomac, Maryland - United States (US)

The contact phone of the mentioned **Gym** is +1301-265-5050

And if you want to send a WhatsApp, you can do so at +1301-265-5050

## You can visit us at the following hours:

Day	Hours
Monday	7?AM–2:30?PM
Tuesday	7?AM–2:30?PM
Wednesday	5?AM–9:30?PM
Thursday	5?AM–9:30?PM
Friday	5?AM–9:30?PM
Saturday	5?AM–9:30?PM
Sunday	5?AM–7?PM

The website is Orangetheory Fitness

In case you want to change any information that you believe is incorrect regarding this portal, we ask deliver a message and we will adjust it as soon as possible. With anticipation thank you very much.

## Images

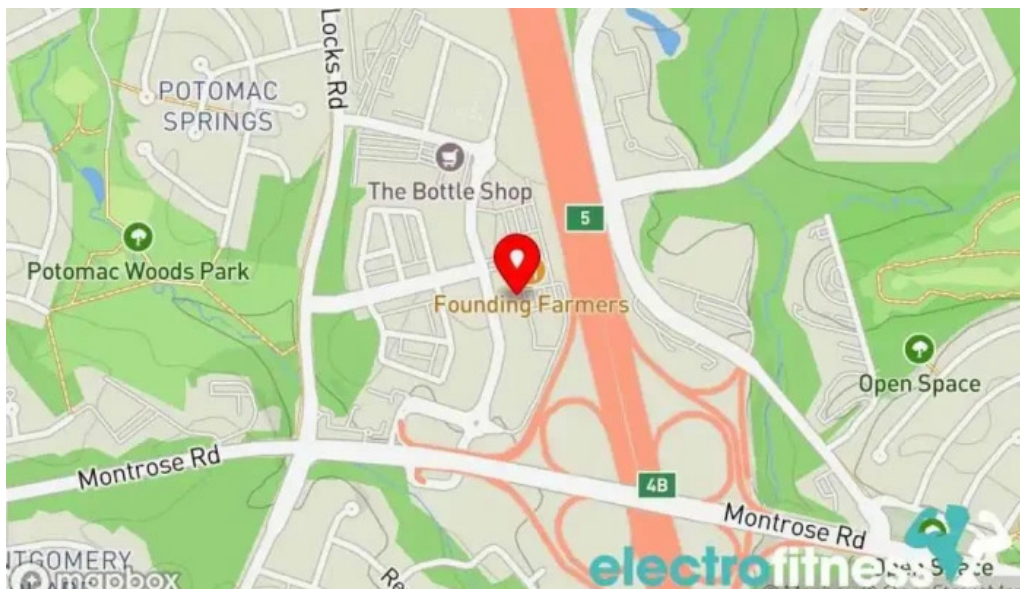


*Orangetheory fitness street view 360deg*



*Orangetheory fitness potomac*

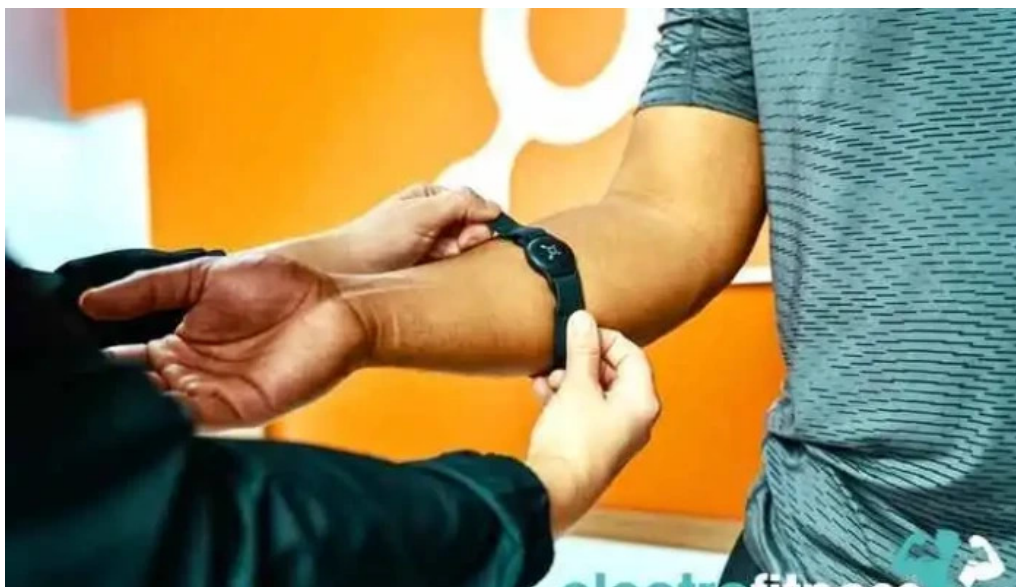




*Orangetheory fitness map*



*Orangetheory fitness gym*



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## Tags

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

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amusement park ride
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auditorium
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boot camp
boxing club
boxing gym
boxing ring
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chiropractor
church
club
coffee shop
community center
convenience store
counselor
country club
coworking space
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
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kinesiotherapist
martial arts club
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massage therapist
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non-profit organization
nutritionist
park
personal trainer
pharmacy
physical fitness program
physical therapist
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
spa and health club
sporting goods store
sports club
sports complex
sports medicine clinic
sports school
summer camp organizer
supermarket
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tennis club
thrift store
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vitamin & supplements store
weight loss service
weightlifting area
wellness center
wellness program
women's personal trainer
yoga instructor
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