

## Orangetheory Fitness - Spokane

spokane

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## *Orangetheory Fitness - Spokane*

### **Orangetheory Fitness: A Must-Visit Gym in Spokane, Washington**

If you're looking for a dynamic workout experience in Spokane, Washington, **Orangetheory Fitness** on South Hill should be at the top of your list. This fitness studio not only provides effective workouts but also fosters a welcoming environment for all its members.

### **Accessibility Features**

Accessibility is a significant focus for Orangetheory Fitness South Hill. The gym offers a **wheelchair-accessible entrance** and a convenient **wheelchair-accessible car park**. For those needing facilities, a **wheelchair-accessible toilet** is available to ensure everyone feels comfortable while working out. These features reflect the gym's commitment to making fitness accessible for all individuals.

## **Membership Required for Personalized Experience**

To experience the unique offerings of Orangetheory Fitness, a **membership is required**. This membership grants access to specialized classes that range from endurance training to strength and power workouts. Coaches are dedicated to providing personalized attention, ensuring that each member's fitness journey is tailored to their individual needs and goals.

## **Amazing Amenities**

Orangetheory Fitness is equipped with top-of-the-line workout equipment and a clean, well-maintained space. The gym features comprehensive **amenities**, including showers and locker rooms, enhancing the overall experience. After an intense workout session, members can cool down and refresh in a welcoming environment.

## **Workout Structure and Community Vibe**

Workouts at Orangetheory Fitness last 60 minutes and combine **high-intensity interval training (HIIT)**

## **Planning Your Visit**

Before attending a class, it's advisable to plan your visit. Classes fill up quickly, especially during peak hours, so booking in advance is essential. Those new to Orangetheory can take advantage of free trial classes to get a taste of what the gym has to offer.

## **Join a Winning Community**

If you're skeptical about traditional gyms, Orangetheory Fitness offers a refreshing alternative. With its focus on community, support, and results, many members regard OTF as their second home. From the moment you step in, you'll be greeted warmly by staff and fellow members who are eager to help.

## **Final Thoughts**

Whether you're a fitness enthusiast or just starting your journey, Orangetheory

Fitness in Spokane is committed to helping you achieve your health and wellness goals. With a mix of accessibility, personalized coaching, and a strong community atmosphere, this gym is a fantastic choice for anyone looking to elevate their fitness game.

Consider visiting Orangetheory Fitness South Hill and discover how you can transform your workout routine while enjoying a supportive and energetic environment!

**You can find us in**

**2620 E 29th Ave, 99223 Spokane, Washington - United States (US)**

**The contact phone of said Gym is +1509-774-0636**

**And if you want to send a WhatsApp, you can do so at +1509-774-0636**

**You can visit us at the following hours:**

**Day Hours**  
**Monday**

**5?AM–7:30?PM**

**Tuesday**

**5?AM–7:30?PM**

**Wednesday**

**5?AM–6:30?PM**

**Thursday**

**6:30?AM–1?PM**

**Friday**

**6:30?AM–12:30?PM**

**Saturday**

**5?AM–7:30?PM**

**Sunday**

**5?AM–7:30?PM**

**The website is Orangetheory Fitness**

**In case you want to change any data that you feel is not precise related to this portal, we kindly request deliver a message so we can we will fix it at the earliest convenience. Thank you in advance thanks for your cooperation.**

**Images**



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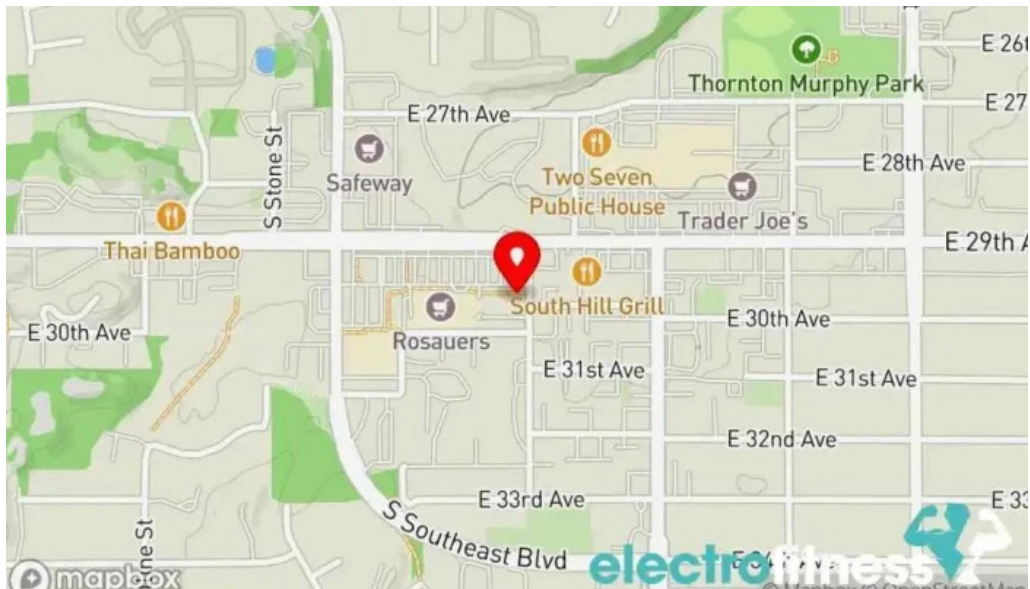


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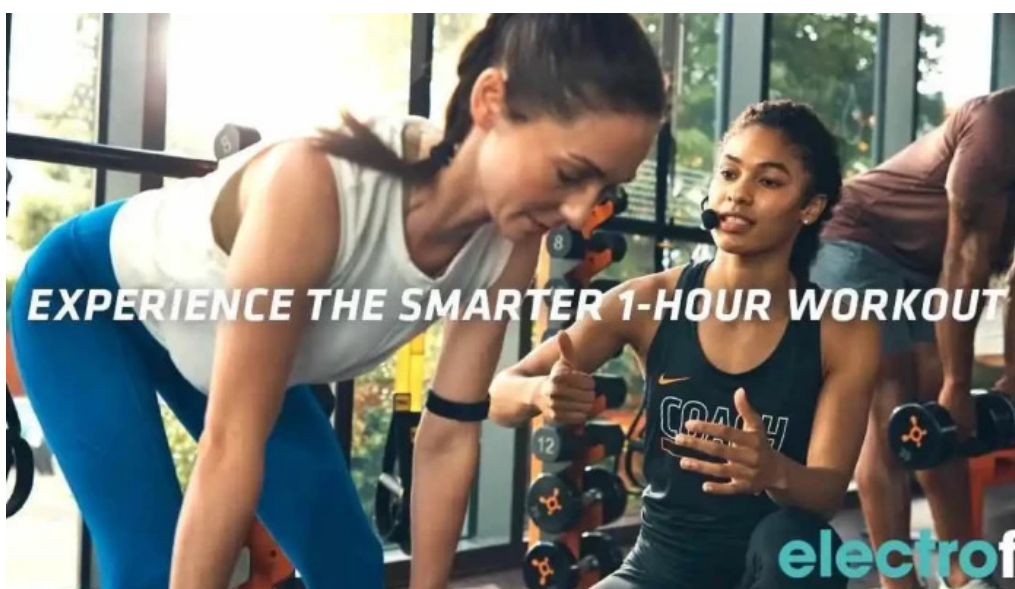


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## Tags

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

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convenience store
counselor
country club

coworking space
cultural center
dance company
dance school
day spa
dollar store
educational institution
elementary school
exercise equipment store
facial spa
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
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gated community
golf club
golf course
golf instructor
grocery store
gym
gymnasium school
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health consultant
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kinesiologist
kinesiotherapist
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martial arts school
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massage therapist
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meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
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personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
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public educational institution
public swimming pool
recreation center
rehabilitation center
resort hotel
rock climbing gym
rv park
sauna
school district office
self defense school
senior citizen center
shooting range
shopping mall
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spa and health club
sporting goods store
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sports complex
sports massage therapist
sports medicine clinic
sports nutrition store
sports school
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