What is Orangetheory Fitness?

- We are a 1-hour full body group workout that makes it simple for you to get MORE LIFE
- We focus on heart rate-based training guaranteed to produce results from the inside out
- Our workout is backed by science and proven to burn more calories post-workout
- Our workout is tracked by technology, when wearing our heart rate monitor (HRM) you can monitor your results in real-time
- Each workout is inspired and led by certified coaches to make sure you don’t over-train or undertrain
- Intensity is based on your individual heart rate zones, making the workout effective for all fitness levels.

What are the benefits of an Orangetheory Fitness membership?

- We have no long-term contracts or initiation fees.
- Memberships are month to month with a 30-day cancelation notice
- Orangetheory has 1000+ studios in the United States and your membership is good at any studio
- We have 11 locations in Kansas City (Overland Park, Lenexa, Leawood, Olathe, Olathe South, Lee’s Summit, Brookside, Parkville, Liberty and Downtown). Shawnee, Topeka, Lawrence and Manhattan are in the works to open in 2019-2020.
- We are open 364 days a year, with 50+ classes per week running from 5am to 9pm (depending on studio)
- Members can freeze their account up to 60 days, twice per year
- Orangetheory workouts will help meet your fitness goals whether it is toning, increase muscle strength, cardio, or weight loss
- Orangetheory gives members MORE ENERGY and MORE LIFE

Corporate Discount Offers

Premier Membership = unlimited access to the studio for $149

Elite Membership = 8x per month for $89

Everyone receives one COMPLIMENTARY 1-hour workout at the Orangetheory Fitness closest to their home or work. Please email studiomanager1167@orangetheoryfitness.com for more information!