



*11600 Gladiolus Drive, Unit 317
Gladiolus Gateway (Publix) Shopping Center
Fort Myers, Florida 33908
(239) 243-0730*



- Located in Fort Myers
- Grand Opening was in October 2013
- Started in Fort Lauderdale
- 218+ Locations
- Top 20 Franchises in 2014



Making its debut on the prestigious Franchise 500 list for 2014, the ranking puts Orangetheory Fitness among the top 20 franchises in the world in its category of fitness centers. Orangetheory Fitness is a unique, high-intensity interval fitness concept and the first to use heart-rate-monitored, group personal training for scientifically proven results.

What is Orangetheory Fitness?

- Affordable Group Personal Training
- One Hour - Full Body Workout
- Heart Rate Based Interval Training
- For Heart Health & Overall Wellness
- All Ages and Abilities
- No Long Term Contracts
- Corporate & Individual Memberships



Corporate Memberships

Leading the way with our affordable "Fit For Business" program

Your company can improve the health of the organization with the right programs in place.

The Right Fit

Our Fit for Business Program makes it possible for employers and employees to afford the cost of good health.

Inspired Employees

With Orangetheory Fitness employees can take advantage of affordable group personal training at a great price.

A Healthy Company

Deliver benefits in measurable results to your company while your employees adopt healthier lifestyles overall.

Corporate Rates

Available by calling our studio at 239.243.0730



Effective wellness programs have been shown to:



- **Boost workforce productivity:** employees who are frequent exercisers show signs of higher job-satisfaction scores and reduced employee turnover.



- **Decrease absenteeism:** the American Journal of Health Promotion found a 28% reduction of sick leaves and absenteeism in physically active employees.



- **Reduce health care expenses:** Due to less claims, physically active employees are less expensive than inactive workers.



- **Provide a ROI in medical cost savings:** studies show that the results of employee wellness and fitness programs commonly show a 100% to 300% return on investment in just five years.

About Our Facility

The studio has 12 treadmills, 12 rowing machines, 12 Suspension Unit systems and plenty of free weights and benches for sessions of 10-25 people. Our facility has separate men's and women's restrooms and showers for convenience and comfort. Lockers, courteous staff, and modern equipment complete the Orange Experience.

- State of the art equipment
- Modern style
- Motivational design
- Clean & spacious facilities
- Mood lighting
- Upbeat music
- Well-maintained equipment
- Locker room for men & women
- Plenty of equipment
- Great staff



The Science of the Workout

- ❑ The physiological theory behind the Orangetheory workout is known as “Excess Post-Exercise Oxygen Consumption,” or EPOC. By providing you with a heart rate monitor and POD, we can monitor your 5 zone interval training sessions that we call the *Orange 60*. During the 60 minute workout, you will perform multiple intervals designed to produce 12-20 minutes of training at 84% or higher of your maximum heart rate, which translates to Zones 4/5. This program design produces EPOC, which is the workout “after-burn” effect, meaning that our interval training design produces a 200-400 calorie increase to your metabolism 24-36 hours *after* your workout.
- ❑ Example: Burn 600-1000 calories during the workout and burn 200-400 more calories from EPOC over the next 24-36 hours.
- ❑ The Orangetheory workout will produce increased muscle endurance, power, stamina and tremendous weight loss, if desired. With good music, a talented group trainer and a high energy studio, you have the recipe for a workout that produces **BIG** and **LASTING** results.



Orangetheory Training Session

- ❑ The Orangetheory Fitness training session is comprised of 3 components: treadmill interval training blocks, indoor rowing and weight room or resistance training blocks. These *Orange 60* sessions are open to all adults and teens ages 16 and older. All fitness levels are welcome as our program is specifically designed for everyone from power walkers to elite performance athletes.
- ❑ As you plan to participate in your first *Orange 60* workout, please arrive 30 minutes prior to the start time so we can educate and prepare you for the most efficient, science based workout you will ever experience. Call our studio to book your first complimentary workout, (239) 243-0730.
- ❑ If **weight loss** is your goal, you can expect to lose an estimated loss of 3-5 pounds per week by attending 3-5 sessions per week along with proper nutritional planning. If **performance** is your goal, you can expect to see an increase in power, speed and strength after your first two weeks of attending 2-4 sessions per week.
- ❑ Our clients burn an estimated 600-1000 calories per workout. We use a 5 zone heart rate interval training and you are about to GO ORANGE!



Personal Training in a Group Dynamic



Success Stories



Kris Johnson
Lost 90 lbs – 14 Months
New Found Athlete



Andy Thompson
Lost 100 lbs – 10 Months
Now an Avid Mud Runner



Michelle Thompson
Lost 134 lbs – 12 Months
Reduced Medications

Corporate Memberships



Call to Learn
More

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