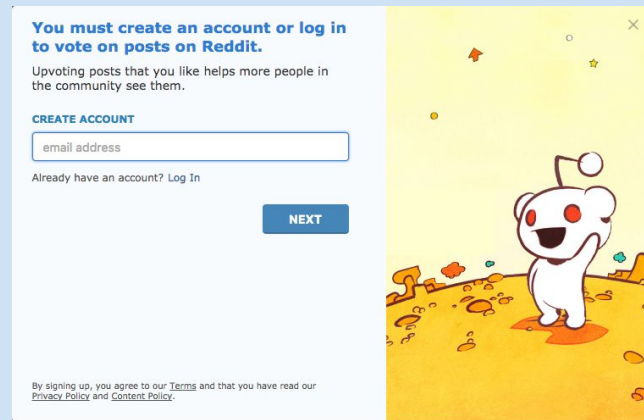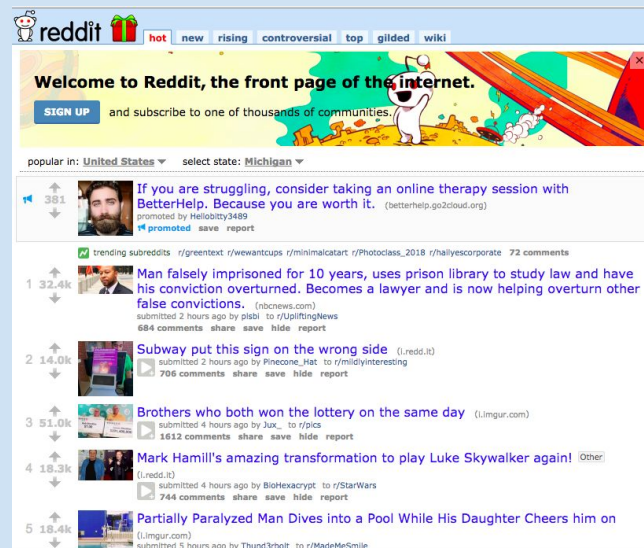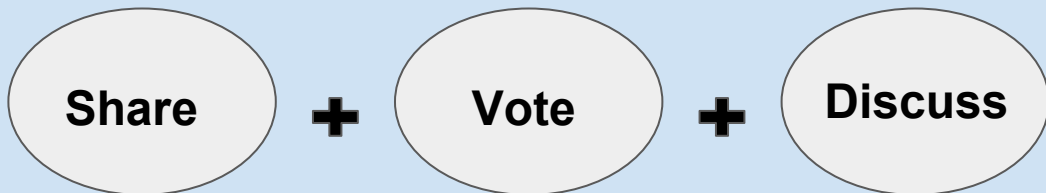reddit
r/orangetheory

reddit

Mission: to help people discover places where they can be their true selves, and empower our community to flourish

Founded by Steve Huffman & Alexis Ohanian in 2005

Content is usually public; must register to submit or respond to content

Third Place: promotes discussion, leveler

Share + **Vote** + **Discuss**

Online Bulletin Board

- One hour full-body workout

- **Endurance**, **strength**, **power**→ each day is unique, but the same for every location

- Intensity metrics are based on your own individual heart rate zones→ effective for all fitness levels

- "Community of people who are current or future members of OTF"
- 8,290 subscribed readers
- 225 here now
- Many users have information in their "bio"
  - Ex: 31F | 5'6" | CW: 125 | GW: 120 | Mostly Jogger

orangetheory

subscribe 8,296 readers

○ 225 users here now

☑ Show my flair on this subreddit. It looks like:
  jaclynruuuud (edit)

Welcome! This is a community of people who are current or future members of Orangetheory Fitness (OTF).

New to this Reddit? Read the rules!.

New to OTF? Read the Wiki

Moderated Posts

- 4 moderators
- Automated posts:
  1. Today's OTF Workout (workout info, commentary)
  2. Monthly Highlights
     - Calendar
     - Worth catching up

MODERATORS   message the moderators
cds-
Cameron_Newton
AutoModerator
pragmaticasm
31F | -32# | SW:260 CW:228 GW:180 |
Jogger
                              about moderation team »

                    account activity

Wednesday, 11/8/17 OTF Workout (self.orangetheory)

15   submitted 17 hours ago by AutoModerator [M] - announcement

Use this post to discuss today's OTF workout! Add details about the workout or add your own commentary. [This post is has been auto-generated.]

** NOVEMBER "RowVember" Highlights + Calendar ** (self.orangetheory)

42   submitted 7 days ago * by pragmaticasm 31F | -32# | SW:260 CW:228 GW:180 | Jogger [M] - announcement

It's that time of year where we all fight like hell to not get fattened up by the holidays. Lucky for you, ROW-Vember is upon us. This is your monthly highlight post, curated and refreshed to keep important stuff at the top. If you are new to OTF and have **TOTALLY RANDOM questions, PLEASE ASK THEM HERE!** instead of creating a new post or see the list of resources at the bottom of this post for you.

Norms

- New members contribute via comments

- Duplicates removed by mods to avoid clutter

- All posts must promote discussion and be specific to fitness/OTF

- Self-promotion posts for regular contributors

- Purpose is motivation, not a place to vent

Design Suggestion

- To ensure newcomers feel comfortable subscribing and contributing
- Implementing a suggested introduction post
- Include:
    - Who they are
    - Why they subscribed to the community and what they're looking for
    - Their current status at OTF (thinking about joining, active member, enthusiast, etc)
- Design Claim 19: Basis for conversation, facilitates interactions with regulars
- **Method:** 2 per month

First day at OTF - I am dead! (self.orangetheory)

submitted 6 days ago by mewtizzle 24F | 5'4 | SW:195 CW:186 GW:150 | Jogger

33

After hearing a coworker of mine go on and on about OTF since December, I finally took the plunge and tried my first class last night. In what seems to be the norm here... I am HOOKED! It was so great, I slept like a baby and I am so sore today, but in the best way. :)

I also checked this reddit thread before joining and all of the positive comments made me feel like I had to try it! My workout summary is below, it's not entirely accurate because my heart rate monitor got stuck (hence the red zone for so long) for a while but phew, what a workout! I've been an athlete my whole life but this thoroughly kicked my butt. I signed up for a membership on the spot last night. (I'm female, 5'4, ~185 pounds looking to lose 20-30ish pounds through OT by going 3x week over the next year or so). Already itching to go back :)

https://imgur.com/a/7PbSm

19 comments share report

all 19 comments

all **19 comments**

sorted by: **best** ▾

[–] gamora01 3 points 6 days ago

Welcome to the fitfam!!

permalink embed report

[–] mewtizzle 24F | 5'4 | SW:195 CW:186 GW:150 | Jogger [S] 1 point 5 days ago

Thank you!! :)

permalink embed parent report

[–] RabbiBeth F 46, jogger, down 40 lbs w/OTF & whole food plant based eating 2 points 6 days ago

WELCOME! You're going to love it!

permalink embed report

[–] mewtizzle 24F | 5'4 | SW:195 CW:186 GW:150 | Jogger [S] 1 point 5 days ago

Thank you thank you!! I am so excited to go again tonight :)

permalink embed parent report

[–] Jennruns 2 points 6 days ago

Congrats and welcome to your new OTF addiction! 😉 great job on your first class!!

permalink embed report

[–] mewtizzle 24F | 5'4 | SW:195 CW:186 GW:150 | Jogger [S] 1 point 5 days ago

Thank you so much!! It was a wonderful experience & I'm super excited to go again tonight :)

Mitigating Bad Behavior

- One main responsibility of the moderators
- Downvote
- Report it→ mod's responsibility

Design Claim: Moderation systems that pre-screen, degrade, label, **move,** or **remove** inappropriate messages limit the damage those messages cause

- Moved to controversial when conflicting up and down votes

Design claim: Redirecting inappropriate posts to other places creates less resistance than removing them

THANK YOU!