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Frequently Asked Questions | Orangetheory Fitness US

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.Frequently asked questions.Here Are the Answers You've Been Searching For.What is Orangetheory?Orangetheory is a 1 hour, full body workout, focused on training endurance, strength and/or power. We use Heart Rate Based Interval Training, which burns more calories post workout than a traditional exercise. When wearing our Heart Rate monitors, your real time results are displayed on large screens throughout the studio. Intensity is based on your individual Heart Rate zones, making the workout effective for all fitness levels. To top it off, our fitness coaches to lead the workout to prevent you from over or under training.I haven't worked out in a long time? Can I still do the workout?Of course. Orangetheory is geared toward ALL levels of fitness and everyone is free and encouraged to go at their own pace. We recommend trying a free introductory workout, then discussing any thoughts or questions you may have regarding your fitness goals, with your coach

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. We recommend trying a free introductory workout, then discussing any thoughts or questions you may have regarding your fitness goals, with your coach. I have issues with (part of the body). Can I still do your workout? Absolutely. Our coaches are trained to provide options for each exercise on the floor, in addition to offering a low-impact bike and strider alternative in place of the treadmill for lower body injuries or orthopedic restrictions. What equipment do you use at Orangetheory? Our workout room has a variety of equipment including treadmills (bikes and striders as alternatives), WaterRowers, and floor equipment including dumbbells, benches, TRX suspension trainers, medicine balls, and BOSU trainers. What is OTBeat®? OTBeat® is our exclusive heart rate monitoring technology. Members have the unique experience of seeing real-time data during their workout, enabling them to push themselves to new limits

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. Members have the unique experience of seeing real-time data during their workout, enabling them to push themselves to new limits. After class, they can then monitor their improvements through emailed results and by using the Orangetheory Fitness app.

What do the 5 zones mean, and why is the Orange zone so important? Orangetheory is 5 Zone heart rate based interval training using specifically designed and timed interval training blocks. During a workout, members focus on Zones 3, 4 and 5. The workouts are designed to produce 12 minutes or more in Zones 4 & 5 combined (to achieve the after burn) during the treadmill training portion of the workout.

What are Splat points? Splat Points indicate minutes spent in the orange and red zones. Aim for 12 or more Splat Points per class.

What is EPOC? The physiological theory behind the Orangetheory workout is known as "Excess Post-Exercise Oxygen Consumption," or EPOC

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What is EPOC? The physiological theory behind the Orangetheory workout is known as “Excess Post-Exercise Oxygen Consumption,” or EPOC. Our 1 hour workout is designed to produce 12 minutes or more of intensities at 84% or higher of maximum heart rate. This program design produces workout “after burn” effect, which is an increased metabolic rate for up to 24 hours after the high intensity interval workout.

How early should I arrive for my first Orangetheory class? We ask that you arrive 30 minutes prior to your first class to go over your fitness goals, get you set up on our heart-rate monitoring system, fill out any additional forms and introduce you to your fitness coach. After booking your first class, look out for an email to fill out our client intake form prior to your arrival. We recommend contacting your local studio for more information regarding your first class.

See you soon!

What do I need for class? A water bottle and a towel

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.I'm pregnant. Can I still do the workout?At Orangetheory Fitness, we recommend all pregnant women obtain clearance from their medical provider prior to beginning an exercise routine during pregnancy. You can read this blog post for more information about exercising during pregnancy and Orangetheory-specific considerations for each trimester.Where is the closest Orangetheory to me?We have over 1,500 locations worldwide. To find the studio nearest you, check out our full list of locations, by state and country.Does Orangetheory have a referral promotion?Yes! As an active member, refer a friend and save \$50 on next month's membership dues when your friend joins as a Premier or Elite member. For additional questions, visit the Refer a Friend FAQ here.What is an HSA/FSA?A Health Savings Account (HSA) and a Flexible Spending Account (FSA) are tax-favored accounts that can be used to pay for qualified medical expenses

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.Can I pay for my heart rate monitor with my HSA or FSA funds?If your heart rate monitor is qualified as medical necessity, it may be eligible for reimbursement through your HSA or FSA.How do I determine if my Orangetheory membership and/or heart rate monitor could be eligible for reimbursement by my HSA or FSA?Check with your employer or benefits plan to see if you have an HSA or FSA account. If you have one, continue with the steps below. If not, speak with them about enrolling during the next open enrollment period.HSAs and FSAs require a Letter of Medical Necessity (LMN) to be submitted as part of the reimbursement approval process. You can download this Orangetheory LMN template to share with your healthcare provider and learn about the positive health outcomes of Orangetheory Fitness.Discuss making Orangetheory part of your personal healthcare plan with your healthcare provider and obtain a signed LMN from your provider

.Discuss making Orangetheory part of your personal healthcare plan with your healthcare provider and obtain a signed LMN from your provider. Even if you don't have a healthcare provider or can't access yours, you can still obtain a signed LMN through our partner Dr. B, a virtual telehealth platform. Purchase your Orangetheory membership and heart rate monitor. Only items purchased on or after the date of LMN signature will be considered for reimbursement by HSA/FSA administrators. Submit your completed LMN and receipts to your HSA or FSA administrator to seek approval for reimbursement and start your Orangetheory Fitness journey to support your personal healthcare plan. Can I use one Letter of Medical Necessity (LMN) to qualify both my OTF membership and my heart rate monitor? No. Two, different signed LMNs are needed to qualify each part of the Orangetheory experience - one for reimbursement for the Orangetheory membership and one for the heart rate monitor

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[DOWNLOAD BOTH HERE](#)Where can I find a Letter of Medical Necessity (LMN) for my Orangetheory membership and/or heart rate monitor?There are several resources available to find an appropriate Letter of Medical Necessity:

[Orangetheory LMNs to be completed by your Healthcare Provider](#)[DOWNLOAD BOTH HERE](#)

HSA/FSA Administrator**Healthcare Provider****Insurance Company**Who is qualified to sign a Letter of Medical Necessity?A licensed healthcare provider, such as:

- Medical Doctor - MD
- Doctor of Osteopathy - DO
- Physician's Assistant - PA
- Nurse Practitioner - NP
- Psychiatrist
- Chiropractor

If you are unable to reach your personal healthcare provider, or do not have one, visit our partner Dr. B, a virtual telehealth platform

. B, a virtual telehealth platform. When is an OTF membership and/or heart rate monitor considered a qualified medical expense? All three of the following must be completed for Orangetheory membership and/or heart rate monitor to be a qualified medical expense: A licensed healthcare provider has diagnosed a patient with a specific disease. A licensed provider (e.g., MD, DO, NP, PA, etc.) has written a Letter of Medical Necessity indicating that physical activity is necessary to treat the specific disease. The expense is approved for reimbursement by the individual's HSA/FSA administrator. Does Orangetheory accept HSA or FSA cards? No - not at this time

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.The expense is approved for reimbursement by the individual's HSA/FSA administrator. Does Orangetheory accept HSA or FSA cards? No - not at this time. Looking for Information on the App? Mobile FAQ Looking for Information on our Products? Product Information Orangetheory homepage The Workout Locations Memberships Own A Studio Shop FAQ Book a Class Online Apple Store Google Play Store Membership Cancellation Select Your Location Our Mission, Vision & Values FAQ (including Mobile App) Press US Franchising International Franchising Customer Service Real Estate Global Studios Jobs Articles Shop Real Estate Do Not Sell My Information Affordable Care Act: Transparency in Coverage Do Not Sell or Share My Personal Information Privacy Policy Terms of Use Promotion Terms Download Our App Apple Store Google Play Store © 2011-2025 OTF Franchisor, LLC and its affiliations. All rights reserved

. All rights reserved.*The “Free Class” offer is open only to first-time visitors and local residents aged 18 years and older; however, minors aged 14 and above may participate if special conditions are met. Valid at participating studios only. Conditions apply. See studios for details. Recommended retail price of a casual visit is \$35; however, prices do vary, as each studio is individually owned and operated. Offer may be subject to satisfactory completion of pre-exercise screening and/or standard temporary/guest membership terms.†Offer limited to Premier members who complete 12 sessions within a month of membership start date. All sessions must be at the member’s home studio. Member must notify their home studio within 30 days of membership start date to initiate cancellation and receive refund of membership dues. OTBeat® sales are not refundable.**Restrictions may apply, inquire at local studio for additional information.

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