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Personalized Heart Rate Zone Training | A Workout Backed by Science

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.Experience a total body, strength and cardio program.Find Your StudioBacked by science, tracked by technology.Orangetheory is a dynamic blend of strength and cardio training scientifically designed to give you the most efficient and energizing 1-hour total body workout. All elements of the class work together to supercharge your metabolism so you're burning calories and body fat while also building lean muscle.Strength.For Lean Muscle and Metabolic ConditioningBuild lean muscle, improve joint health, and boost metabolism with our functional strength exercises. Using equipment like dumbbells and TRX straps, OTF workouts are perfect for all fitness levels.What you'll gain:Build stronger, toned muscles for a healthier youIncrease bone density and improve joint healthImprovements to metabolic efficiencyEndurance.To Burn Calories and Build StaminaBoost your energy and improve heart health with Orangetheory's endurance blocks

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.To Burn Calories and Build StaminaBoost your energy and improve heart health with Orangetheory's endurance blocks. These workouts deliver results by featuring variable-intensity intervals on treadmills, rowers, and the floor.What you'll gain:Stronger cardiorespiratory capacityBetter stamina for daily activitiesEffective calorie burn for weight managementPower.For Speed, Agility, and PerformanceCombine strength and speed with our power blocks. From rowing sprints to treadmill All Outs, these explosive exercises improve agility, performance, and reaction time.What you'll gain:Enhanced functional strength and quicker reaction timesBetter speed, performance, and responsivenessReduced risk of injury through improved agilityYour Class Options

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.What you'll gain:Enhanced functional strength and quicker reaction timesBetter speed, performance, and responsivenessReduced risk of injury through improved agilityYour Class Options.Orange 6060 minutesOur signature classDesigned to adapt to each member's heart rate zones, this workout aims for 12-20 minutes in the "Orange Zone" (anaerobic) to help improve metabolism and burn calories post-workoutTread 5050 minutesDesigned to enhance cardiovascular endurance and running performanceGoal is to improve VO2 max, boost stamina, and strengthen the lower bodyStrength 5050 minutesDesigned to focus on building strength and lean muscleGoal is to improve muscular endurance, enhance metabolic efficiency, and increase overall power while challenging participants to push their limitsPerformance Monitoring with OTconnectTMOrangetheory's fitness program is built around five heart rate training zones, designed to ensure you train at the right intensity for your fitness level

. The goal is to spend 12 to 20 minutes in the "Orange Zone," where your heart rate is elevated to supercharge your metabolism, burn fat, and continue burning calories for up to 24 hours after class. Our OTconnect system tracks your body's response in real time, showing which heart rate zone you're in and helping you adjust your effort to align with your personal goals. Unlike traditional high-intensity interval training (HIIT) classes, Orangetheory's workouts are adaptable, allowing you to adjust intensity to match your fitness level and what you aim to achieve each day.

Zone	Heart Rate Range	Percentage of Max HR
Zone 1	150-160 bpm	60-70%
Zone 2	161-170 bpm	70-83%
Zone 3	171-183 bpm	83-91%
Zone 4	184-191 bpm	91-100%

*Percentages of your personalized maximum heart rate

Certified Coaches for more personalized guidance. At Orangetheory, our certified coaches are here to guide and motivate you on your fitness journey. With ongoing professional development and training, they deliver the latest science-backed workouts tailored to your fitness level and goals.

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. With ongoing professional development and training, they deliver the latest science-backed workouts tailored to your fitness level and goals. Whether your focus is weight management, building functional strength, or improving endurance, our coaches are ready to prescribe the right program and provide personalized support to help you succeed. Start your fitness journey today. Search For StudiosOrangetheory 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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