### Orchid Gym - General Information

Welcome to [Your Gym Name], your premier destination for fitness and wellness. Our state-of-the-art facility is designed to cater to a variety of fitness needs, offering a supportive and motivating environment for everyone, regardless of their fitness level. Below is some essential information about our gym:

#### Location and Contact Details

* Address: 110 Somerville Ave, Chattanooga TN. 37405
* Phone: 5206466997
* Email: info@orchidgym.com
* Website: https://orchidmedia.io/orchid-gym/

#### Operating Hours

* Weekdays: 5:00 AM - 11:00 PM
* Weekends: 7:00 AM - 9:00 PM
* Holidays: Not Opened.

#### Facilities

* State-of-the-art cardiovascular and strength training equipment.
* Dedicated zones for free weights, functional training, and stretching.
* Group fitness studios offering a range of classes.
* Indoor swimming pool, sauna, and steam rooms.
* On-site juice bar and refreshment area.
* Luxurious locker rooms with showers and personal lockers.
* Child care services and kids’ fitness area.
* Ample parking space for members.

#### Membership Options

* A variety of membership plans including basic, standard, premium, off-peak, family, and student/senior options.
* Flexible day passes and guest options available.
* Corporate membership packages for businesses.

#### Services

* Personal training and customized workout plans.
* Group fitness classes including yoga, Pilates, spinning, and more.
* Wellness programs and health screenings.
* Nutrition and dietetic services.
* Spa and recovery services including massage and physiotherapy.
* Special events and community activities.

#### Health and Safety

* Commitment to cleanliness and safety with regular sanitization of equipment and facilities.
* Trained staff available for assistance and emergency response.
* Health and safety guidelines in place for the wellbeing of all members and staff.

#### Community Involvement

* Regular participation in local events and charity initiatives.
* Hosting of workshops, seminars, and fitness challenges.

#### Joining Orchid Gym

* Visit our front desk or website for a tour and membership information.
* Easy sign-up process with flexible payment options.
* Introductory sessions available for new members.
* Text “schedule a visit” in the chat.