

MEMBERS ON THE (BLOG)SPOT



PRODUCTS/SERVICES OFFERED

Offers heart rate based interval training with certified personal trainers. Helps people of any fitness level achieve their fitness goals while having fun in a supportive, community environment.

CONTACT INFO

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 [Orangetheory Fitness Clive](#)

Orangetheory Fitness is on the cutting edge of the fitness industry. Named the #1 Fastest Growing Woman Owned Business in 2017, there are more than 750 open studios and more than 500,000 members worldwide. For anyone who wants to improve their health and fitness, whether it be losing weight, improving performance, or simply living a healthy lifestyle, Orangetheory Fitness is the place you want to be.

The OTF workout was developed in 2010 based on Ellen Latham's business, "The Ultimate Workout", and it has been changing people's lives since the day it began. This group fitness program provides their members with state-of-the-art workouts, camaraderie, and support for a much more affordable price than a personal trainer. It is this community aspect that keeps members coming back. Whether it be training for marathon or simply wanting to keep up with your busy lifestyle, Orangetheory members "truly understand that health and fitness is a lifestyle, not a 6 or 10-week fix."

Orangetheory Fitness Clive joined the Chamber in 2015 before they even opened. They know the value of community, and they believe the Clive Chamber of Commerce is "one of the best ways to join the Clive community."

They encourage everyone to come in and try a workout. The first session is always free for local residents! To learn more about their business and what they do, feel free to visit their website, www.orangetheoryfitness.com.

Members on the (blog)Spot is a monthly feature of member businesses of the Clive Chamber of Commerce. If you are interested in having your business featured, contact kschmidt@clivechamber.org.