

Business Connection

Strengthening the local economy and serving members for 70 years



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Ribbon Cuttings



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Orangetheory Fitness — Orangetheory® Fitness (www.orangetheoryfitness.com) is a scientifically designed, one-of-a-kind, group personal training workout broken into intervals of cardiovascular and strength training. Backed by the science of excess post-exercise oxygen consumption (EPOC), Orangetheory's heart-rate-monitored workouts are designed to get participants within the target-training zone of 84 percent to 91 percent of their heart rate, which stimulates metabolism and increases energy. Led by highly-skilled coaches, each Orangetheory Fitness workout incorporates endurance, strength and power elements through a variety of equipment including treadmills, rowing machines, TRX® suspension training and free weights. The Orangetheory Fitness team is excited to bring you a results-driven and high-energy workout in their brand-new studio in Pleasanton. Call (925) 401-7399 to book your first FREE workout today!