

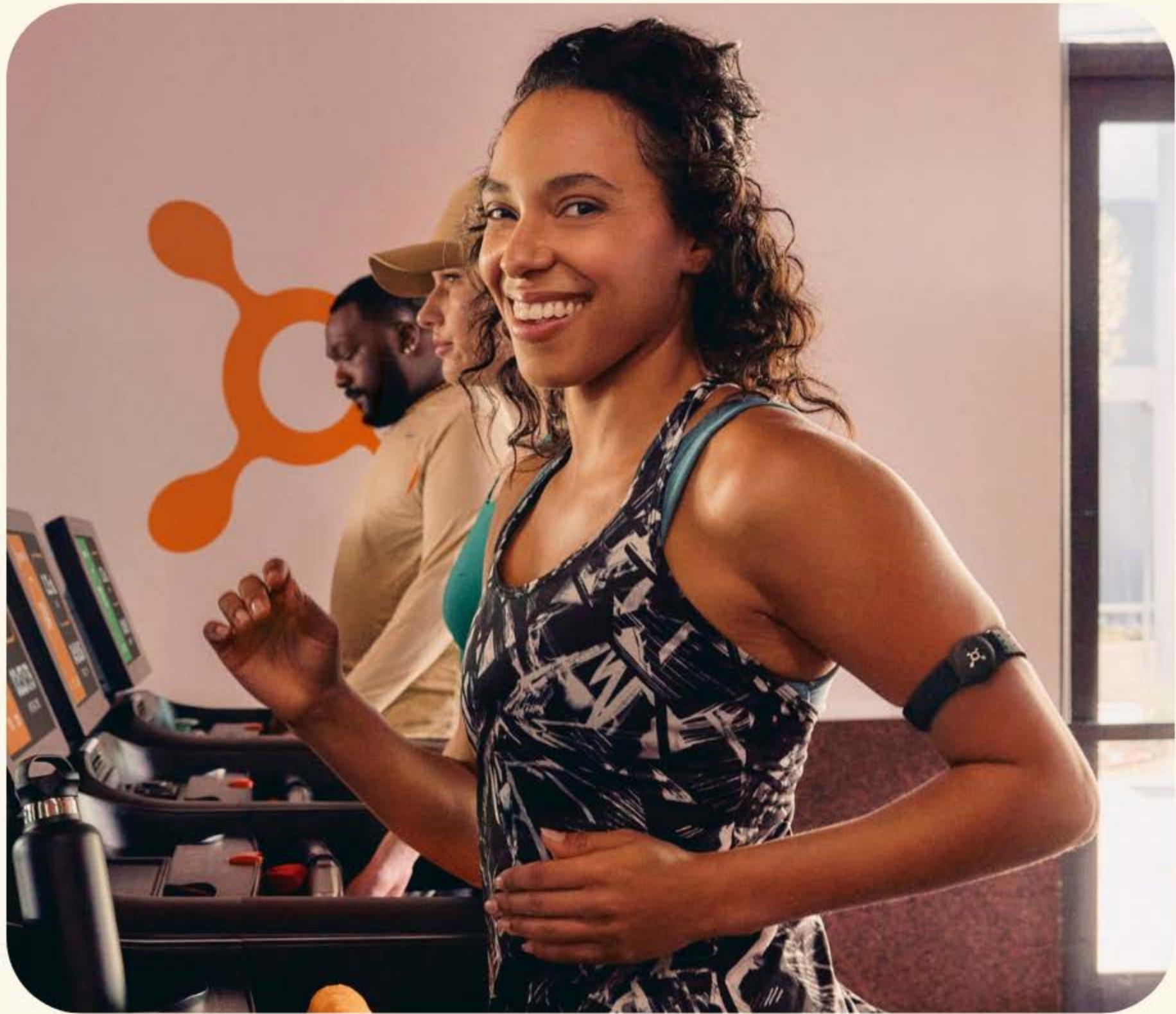


# Jumpstart January Jordan School District × Orangetheory FREE January Classes



\*Offer valid January 1st - January 31st

[Click to Book](#)



**New year. New goals.  
New partnership.**

**Orangetheory Fitness x Jordan  
School District let's make this your  
strongest year yet.**

# TEACHER APPRECIATION AT ORANGETHEORY FITNESS

## SPECIAL TEACHER OFFERS

- **January Is 100% FREE**
  - Teachers work out FREE all month of January at any of our 6 Orangetheory Fitness locations.
- **Bring a Plus One**
  - Already an Orangetheory member?
  - Bring one guest FREE to any location all January long.
- **January Membership Special**
  - Sign up for a membership in January for only \$62 and receive a FREE entry into our Transformation Challenge.
- **Free Thursdays (Feb–May)**
  - From February 1 – May 31, teachers work out FREE every Thursday.

**Train Smarter. Feel Stronger. Pay Less.**

# Orangetheory Workout – Q&A

**Q:** Do I need to be fit or have experience?

**A:** Not at all! The workout is designed for all fitness levels, and coaches offer options for everyone.

**Q:** What should I bring?

**A:** Comfortable workout clothes, athletic shoes, and water. We'll take care of the rest.

**Q:** How long is the workout?

**A:** 1 hour—quick, efficient, and effective.

**Q:** What does the workout include?

**A:** A mix of cardio and strength training led by a certified coach.

**Q:** Can I go at my own pace?

**A:** Yes! You control your speed and intensity throughout the workout.

**Q:** Will there be a coach guiding us?

**A:** Absolutely. A coach will demonstrate exercises and support you the entire time.

**Q:** Do I need to arrive early?

**A:** Arriving 30 minutes early is recommended so we can get you set up and answer questions.

# Orangetheory Locations

Orangetheory Fitness is a coach-led, science-backed workout combining cardio and strength to help you build muscle, burn calories, and boost energy—designed for all fitness levels.

**Cottonwood Heights 801-463-6748**

**Draper 385- 275- 6698**

**Herriman/Riverton 801-988-5544**

**Holladay 801-610-1020**

**Sandy 801-821-4675**

**South Jordan 801-758-0500**



**Scan to Book!**

