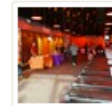


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Wilton Man Opens State's First Orangetheory Fitness In Fairfield



Owner Mark Molina and the Orangetheory Fitness heart rate monitor. Photo Credit: *Salvatore Trifilio*

Fairfield residents looking to get in shape, shed some pounds or switch from their current gym have a new option that is not only unique to the town, but to Connecticut as well.

On Friday, Oct. 24, first-time business owner Mark Molina is opening the doors to Orangetheory Fitness. It is a group personal training facility that uses station-based machine workouts and a franchise-developed heart rate monitor to help clients burn weight during, and after, their workouts.

"I had a friend in Denver who was a member of Orangetheory. She knew I was trying to go into business for myself and suggested it to me," Molina said. "I tried the product and got hooked.

"I decided this is something I could get behind."

For more than 20 years, Molina - a Wilton resident - has worked as a corporate and business lawyer for companies in New York, San Francisco and even Sydney, Australia. He decided to open the first Orangetheory Fitness in Connecticut as a way to "change peoples lives through fitness," and chose Fairfield as his destination for his love of the community.

"I love Fairfield, I love the people," said Molina. "This town has a great energy, a good mix of people and our neighbors have been great to us."

Located at 525 Tunxis Hill Cut-Off, the new workout studio is in the same shopping center as Chip's Family Restaurant. They plan on putting "Orangetheory pancakes" on their menu as a way of welcoming Molina and his staff into the community.

And clients may want to think about getting a good meal in them before heading to Orangetheory Fitness for one of its hourlong sessions.

A workout at Fairfield's newest fitness facility consists of 30 minutes of cardio training and 30 minutes of strength and conditioning. Members wear a heart rate monitor, developed by the franchise, that tracks important information such as calories burned and heart rate, and is displayed on screens inside the studio for real-time stat tracking.

While this all may sound intimidating for the less than fitness literate, Molina assured the *Daily Voice* that his facility "is for everyone."

"It's for the deconditioned athlete who hasn't worked out in years, it's for people who are trying to lose weight, it's for people who are trying to break through a fitness plateau and it's for world-class athletes," said Molina, who added long-time New York Giant Amani Toomer works out at the branch in New Jersey.

However, although Molina said Orangetheory Fitness is designed with everyone in mind, he did mention it isn't for those who are trying to "bulk up," but rather the everyday gym-goers use will see a use in his facility for alternate workouts.

Membership to Orangetheory fitness is offered on a month-to-month basis with sessions available from "less than \$10 to \$18 at most." Non-members will have to pay \$25 per session and heart rate monitors are for purchase at face-value; about \$45.