

Fairfield Citizen

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New fitness center combines cardio, strength workouts



Patrons of Orangetheory Fitness Center on Tunxis Hill Cutoff work out on treadmills during a class that combines cardio and strength training. In the foreground are rowing machines that are used in the strength segments of classes. Photo: Fairfield Citizen/Contributed

A new fitness center that combines cardiovascular workouts and strength training in group classes has opened at 525 Tunxis Hill Cutoff.

The 3,000-square-foot Orangetheory Fitness opened Oct. 24 in the shopping plaza at the junction with Black Rock Turnpike. It is a franchise of Florida-based Orangetheory Fitness, a privately owned company that operates 130 fitness centers in 26 states.

In its promotional materials, Orangetheory claims participants in its trainer-led classes can burn from 500 to 1,000 calories in a single, 60-minute session. Participants wear heart monitors during workouts, which include the use of treadmills, rowing machines, suspension equipment, free weights and other equipment.

Each class includes 30 minutes of cardiovascular training and 30 minutes of strength training.

The Fairfield franchise is the chain's first in Connecticut. It plans to open centers in Milford and Seymour, Orangetheory said in a news release.

The local franchise is owned and operated by Mark Molina, who for 20 years was a corporate lawyer for private and publicly traded high-tech companies, according to the release. Molina was introduced to Orangetheory by a friend in Denver, and after trying the workout, was hooked, the company said.