



MTLL & HEAT Families, We Have Some Exciting News!

Orangetheory Fitness Mequon has an amazing promotion for YOU! You and your entire family (ages 14+) receive 5 complimentary classes and an OTF sweat towel!

What is Orangetheory Fitness?

OTF is a one hour, full body group workout focused on heart rate-based interval training. OTF is science backed, technology tracked, and each workout is led by a certified personal coach. You **run** or power **walk**, you **row**, you **strength train**, and you're in and out in under an hour. It's almost as fun as watching your kid hit a homerun and... after only 1 workout you're guaranteed to run the bases faster than him!

Classes

We know you and your family are busy and there's never enough time. OTF Mequon offers **55+ classes** per week to accommodate even the busiest schedules. Classes begin as early as 4:45 am and go as late as 5:50 pm. OTF is perfect for anyone at any stage of their fitness level and we have members who range from **14 to 76 years old**.

Call Now!

So give it a try! You can call the studio at **(262) 457-7880** to book your workout (mention you are with HEAT/MTLL). If you take your first class by **July 22nd** you'll be entered into a raffle to win a **\$50 Dick's Sporting Goods gift card**. Working out with a buddy is always more fun, so this offer will be extended to anyone you refer as well.

More Information

If you want to learn more you can check out the links below.

Videos: [What is Orangetheory Fitness?](#)

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