

Sometimes It Doesn't Get Better: Transphobia at Orangetheory Fitness



bit.ly/otfcallout

How can I support and show up as an ally?

Email, call and comment on OTF social media accounts.

Ask them to live up to their mission of inclusivity.

Leave reviews on Google, Yelp and social media pages about their harmful and exclusionary practices. Tell them to fix their unscientific and transphobic workouts and systems.

Cancel your membership until OTF globally addresses the issues listed below.

Tell other members to boycott.

Demand that OTF studios across the world:

- Add more options to “gender” on the app, heart rate monitor and in-body machine. At a minimum, offer a disclaimer acknowledging there are limited options.
- Differentiate sex and gender. Explain why you need to know this info about your members.
- Add intersex to your list of male and female.
- Clarify if you’re asking for sex assigned at birth, legal gender marker and/or gender identity and why you need this information.
- Include intersex and nonbinary people in everything, including contests and social media posts across all gyms worldwide.
- Invest in trans-affirming training for all current staff and implement onboarding training for new staff. At a minimum, tell them to not gender people without their consent (e.g. sir/ma’am, ladies and gentleman, Mr/Mrs/Miss)