



**FOR IMMEDIATE RELEASE**

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**Ka Makana Ali'i Welcomes Orangetheory Fitness to the  
Center for West O'ahu with Kickoff Party**

*The community can pre-book appointments at the Orangetheory Fitness  
kickoff party on April 1, with a grand opening expected in early June*

**KAPOLEI, HI** (March 21, 2023) — Ka Makana Ali'i is pleased to welcome Orangetheory Fitness to the Center for West O'ahu with a kickoff party on Saturday, April 1. The community is invited to visit the Center on Saturday, April 1, to discover vendors, pop-up shops, fitness apparel, food and to take advantage of the lowest member rates when signing up for Orangetheory Fitness. Located in the Macy's wing across from HIC Surf and Valyōu Furniture, Orangetheory Fitness is expected to open in early June.

**WHAT:** Orangetheory Fitness Kickoff Party

**WHEN:** Saturday, April 1 from 10 a.m. to 6 p.m.

**WHERE:** Ka Makana Ali'i Center Court

On Saturday, April 1, Coach EK from Orangetheory Fitness will host a body weight workout on the lawn with from 9 to 9:45 a.m. in Center Court (bring your own mat!), along with a radio remote from 10 a.m. to 1 p.m. Register at [www.orangetheory.com](http://www.orangetheory.com).

"Ka Makana Ali'i is excited to welcome Orangetheory Fitness to the Center for West O'ahu," said Stephanie England, general manager of Ka Makana Ali'i. "We're committed to bringing our community the latest offerings, and we can't wait for them to add Orangetheory Fitness to their wellness routines."

Workouts at Orangetheory Fitness are heart-rate based interval training, where certified coaches guide members through five different heart rate zones on state-of-the-art treadmills using base, push and all out paces. The goal is to spend 12 minutes or more in the “orange zone” to boost metabolism, burn fat and maximize calorie burn. Every class also combines WaterRowers to build strength and power as well as individual weight stations where members use TRX, free weights, BOSU, medicine balls and mini-bands to strengthen and tone the body. Science-backed workouts change daily so members are continually challenged for the best results. For more information, visit [www.orangetheory.com](http://www.orangetheory.com).

“We are so excited to give Orangetheory a home again in Kapolei,” said Colleen O’Ferrall-Jones, owner of Orangetheory Fitness. “We look forward to creating a fun environment for people to better themselves.”

Visit our website at [www.KaMakanaAlii.com](http://www.KaMakanaAlii.com) for more details about upcoming promotions. For the latest news and updates, follow Ka Makana Ali’i on Facebook, Twitter and Instagram, all with profile name @kamakanaalii. For media inquiries and on-property approval, please contact [alyssa.amasol@finnpartners.com](mailto:alyssa.amasol@finnpartners.com).

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#### **About Ka Makana Ali’i**

Ka Makana Ali’i offers residents and visitors a family-friendly, mixed-use center in the heart of Hawai’i’s fastest growing community. The 750,000-square-foot Macy’s-anchored center features more than 100 exciting stores, restaurants, a state-of-the-art Consolidated Theatres and the state’s first Hampton Inn & Suites by Hilton located on property. The newest development, The Grove at Ka Makana Ali’i, creates an additional 109,000 square feet of space with lifestyle retailers, eateries and services, such as 24 Hour Fitness, Foodland Farms, Straub Clinic and Urgent Care, and PetSmart. Serving as the premier gathering place in Kapolei, Ka Makana Ali’i fulfills the shopping and dining needs of the ever-expanding community. Its convenient location offers excellent highway access, ample parking and public transportation for shoppers. Through an innovative partnership with Department of Hawaiian Home Lands, Ka Makana Ali’i will financially support programs benefiting Native Hawaiian interests statewide for decades to come. For more information, please visit [www.kamakanaalii.com](http://www.kamakanaalii.com).

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