



ENJOY YOUR SELF

Classes Only Memberships

Only \$45 for a month! Unlimited Classes

Omni Power Class

A Great 45 min weight lifting class

Fitness Ride Class

Our version of Spin

Move and Groove

An energetic dance class

Simple Step

Simple moves

Kickboxing

Similiar to Tae Bo

Six Pak Abs

Core work

Cardio - Ball

Movement w/a Ball

Yoga / Stretch

relaxing / soothing

**Fat Burner Plus
and more!**

Check out the schedule!

www.omnifitnessclub.com