



PERSONAL TRAINING PROGRAMS

Omni Fitness Center offers customized personal training programs to help you attain your health and fitness goals. We offer one-on-one personal training, semi-private, and group training programs designed to assist your individual needs and goals.

If you're ready to get competitive or try something new, our personal training programs may be exactly what you're looking for.

One-on-One Personal Training

Experience focused, personalized attention our specialized fitness facility.

Personal training packages include:

- Initial consultation
- Comprehensive fitness evaluation
- Personal fitness and nutrition program
- Weekly activity plan
- Scheduled sessions with your fitness trainer
- Unlimited group fitness classes

DOWNTOWN ALBANY'S PREMIER FITNESS SOLUTION

OMNI

FITNESS CENTER

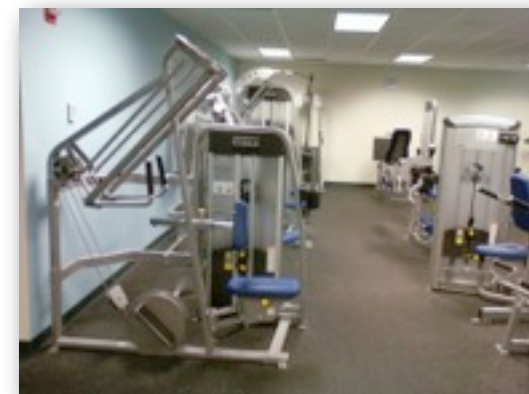


HOURS OF OPERATION:
MONDAY - FRIDAY (5AM - 11PM)
WEEKENDS (7AM - 7PM)

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54 STATE STREET, 2ND FLOOR
ALBANY, NY 12207
www.OmniFitnessCenter.net

SERVICES AND AMENITIES

- Open daily, 7 days a week
- Walking distance from downtown offices
- Easy and secure key card access
- Clean, spacious locker rooms with showers
- Cybex and Precor fitness equipment
- Extensive free weight area
- Personal training
- Group fitness classes
- Complimentary towel service
- Healthy lifestyle seminars



For membership information:

Call (518) 694-0196 or visit www.OmniFitnessCenter.net



SEMI-PRIVATE & GROUP TRAINING

Semi-Private Personal Training

Small groups (3-5) people will enjoy goal-oriented personal training with your certified fitness professional.

Specialized Group Training

Specialized group training is a fun, cost-effective way to experience personal training while receiving additional support from your friends, family, or co-workers.

- Bootcamps
- High Intensity Training
- Yoga
- Pilates
- Circuit Training
- Spinning



For program descriptions, schedule, and rates please visit www.OmniFitnessCenter.net

OPTIMAL HEALTH & PERFORMANCE NUTRITION

Your choice of foods, portion size and nutrient timing play a vital role in how your body's health and performance. Omni Fitness Center's customized nutrition programs can help you reach your personal health and fitness goals.



Custom Nutrition Plans Include:

- Dietary intake analysis
- Personalized menu plan
- Meal timing schedule

Call (518) 694-0196 to schedule your complimentary nutrition consultation

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