

About Omni Fitness

Health and Fitness begin here. Whether you are into weight training, bodybuilding, simply staying in shape, or even if you have never stepped foot in a health and fitness center, Omni Fitness Studio is the place to be.

What are you waiting for?

Stop in today.

Omni Salon, Spa & Fitness Studio

Omni has been serving the community for 20+ years and has recently updated the salon. In addition to the new Fitness Studio, we are expanding by including a full day spa which will be completed fall of 2006.

*Fitness like
you've never experienced.*

847-746-UFIT (8348)
fitnessinfo@omnisalonspafitness.com

Hours
Monday—Friday 5am—9pm
Saturday: 8am—5pm
Sunday: 11am—5pm

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Memberships & Services

Individual

Monthly:	\$45
Three months:	\$125
Six months:	\$245
One Year:	\$465

Couple (Any Two People)

Monthly:	\$80
Three months:	\$230
Six months:	\$455
One Year:	\$850

Additional Membership Options

Daily Rate:	\$10 per day
Two week trial:	\$25.00
Cardio Pass:	\$25 per month
20 visits:	\$70 (no expiration)
Membership Fee:	\$45 yearly

Ask how to get your months for free.

Personal Training (Members Rate)

One session	\$35 an hour
3 sessions	\$30 an hour
6 sessions	\$27 an hour
12 sessions	\$25 an hour
Groups (2-5)	\$17.50 per person

Train like a Celebrity

Personalized “after-hours” training. We will open just for you and you will have the entire facility to yourself with your trainer
\$125 per hour

Complete Fitness Assessment

Includes: Cardiovascular testing, strength and endurance testing, flexibility, heart rate, blood pressure, body fat percentage and measurements.

\$50 includes retest

Individual Assessment Test

Pick one of the test listed above. Price includes retest in 8 weeks.

\$8.00 per test

Omni Fitness Studio is a member in good standing of IHRSA (International Health, Racquet & Sportsclub Association). Our Personal Trainers are certified by some of the top personal training programs in the country.

Tanning

2 minutes:	\$2	4 minutes:	\$4
6 minutes:	\$6	8 minutes:	\$8
10 minutes:	\$10	12 minutes:	\$12

Packages

50 minutes:	\$40.00 (no expiration)
100 minutes:	\$75.00 (no expiration)

Customized Programs

Let Omni Salon, Spa & Fitness Studio design a program just for you or for your special occasion. Whether you are getting married, if you’ve just had a baby, if you are attending your high school reunion or if you just want a local “extreme makeover” Omni Salon, Spa & Fitness Studio can make it happen. Omni Fitness can create a customized work-out and nutritional plan for you to follow, your individual stylists will find the best hairstyle and makeup combinations for you. Omni Salon, Spa & Fitness Studio has the right combination to complete “the look” that you want to achieve for your special day.

Call today to schedule your consultation.

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