

OMNI

FITNESS CENTER

Omni Fitness Center is operated by Synergy Fitness & Nutrition, LLC.

Synergy Fitness & Nutrition's professional staff are dedicated to providing the highest quality of fitness instruction, research-based education and positive support to help you reach your ultimate fitness goals.

Bryan M. Nunziato

Owner of Synergy Fitness & Nutrition

- ◆ 10 years personal training experience
- ◆ Bachelor's Degree Exercise Science, Skidmore College
- ◆ American College of Sports Medicine, Certified Personal Trainer
- ◆ Certified CPR/AED, American Red Cross

Welcome to Omni Fitness Center.

My mission as the owner of Synergy Fitness & Nutrition, LLC. is to provide the educational and motivational tools to help you transition your current fitness and nutrition program into a healthy lifestyle.



CORPORATE SPONSORS

Omni Development Company, Inc.

SERVICE PROVIDERS

Tech Valley Communications

Time Warner Cable

NBT Bank

HOURS

Monday thru Friday 5am - 11pm

Saturday and Sunday 7am - 7pm

OMNI

FITNESS CENTER

Omni 54 Fitness Center, LLC.
54 State Street, 2nd Floor

OMNI

FITNESS CENTER

NOW OPEN!



**54 State Street
2nd Floor**

Albany, NY 12207

518.694.0196

www.OmniFitnessCenter.net

OMNI FITNESS CENTER

SERVICE THROUGH QUALITY

Welcome to Omni Fitness Center, our goal is to provide you with the highest quality of fitness services to encourage an active and healthy lifestyle. Omni Fitness Center was designed by Omni Development Company, Inc. with our Tenants in mind. By entering into an operating agreement with Synergy Fitness & Nutrition, we are able to provide a blend of high quality equipment and expert fitness professionals to create a safe, convenient, and effective fitness environment. We are confident you as a Tenant will appreciate the value of having a high quality fitness facility at your disposal. Thank you for your valued Tenancy.

FITNESS CENTER AMENITIES

- ◆ Exclusive Access
- ◆ Cybex Eagle Strength Training Equipment
- ◆ Precor Cardio w/Personal Viewing Screens
- ◆ Locker Room and Shower Facilities
- ◆ Fitness & Yoga Studio
- ◆ Professional Personal Training Services



FITNESS EQUIPMENT

All of OFC's fitness equipment has been extensively researched to bring you the ultimate fitness experience. Each piece is carefully designed for natural, biomechanical correct movement that delivers results safely and effectively.



PERSONAL TRAINING SERVICES

We are confident that you will find our goal-oriented fitness training and exceptional service beyond reproach. We offer sophisticated and comprehensive programming that will help you reach your fitness goals.

CERTIFIED FITNESS INSTRUCTION

- ◆ Private and Group Fitness Training
- ◆ Yoga and Pilates Classes
- ◆ Healthy Lifestyle Programs
- ◆ Sports Conditioning Programs
- ◆ Comprehensive Health and Fitness Assessments

Better Health Starts Here

PROFESSIONAL STAFF

Synergy Fitness & Nutrition's professional staff allows us to accommodate members of different ages, medical conditions, and level of experience. Their qualified staff is prepared to work with you to develop a personalized fitness plan while providing you with education and positive support.



CONTACT US

For more information or to request a membership application, please call Bryan Nunziato at Synergy Fitness & Nutrition, LLC.

518.727.7081

or visit us online at
www.OmniFitnessCenter.net