



STRONGER TOGETHER

OMNIA BASIC INSTRUCTION

Dr. P. Phillips YMCA

OMNIA™ is a new functional training offer that maximizes members' interaction with a certified trainer. Learn the infinite possibilities in training for strength, endurance, stability, flexibility, coordination, and speed. Learn how to get a total-body workout with a wide range of user needs, abilities, and aspirations.

Classes are limited to 8 participants per class and are reserved on a first come first serve basis. Sign up at the Wellness Desk.

Omnia Basic Schedule:

Monday
10:00am / 1:00pm / 7:00pm

Tuesday
7:30pm

Wednesday
10:00am

Thursday
7:30pm

Saturday
9:30am

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The Y is the nation's leading nonprofit committed to strengthening the community through youth development, healthy living and social responsibility. The purpose of this Association is to improve the lives of all in Central Florida by connecting individuals, families and communities with opportunities based on Christian values that strengthen Spirit, Mind and Body. At the Dr. P. Phillips YMCA, we believe everyone, regardless of age, income or background, should have the opportunity to learn, grow and thrive. For more information about membership, financial assistance or to make a donation, please call 407-351-9417 or visit us at www.ymccentralflorida.com