

# Keeping Life in Motion

The Omni Zone is an exciting new fitness facility for the residents at Auburn Heights Apartments and The Windsong Apartments. It is located on Bynan Lane at The Windsong Apartments.

This multi-purpose gymnasium features adult and youth activities designed to encourage the physical and emotional well being of your residents.

Keep your life in motion at the new Omni Zone! Residents can enjoy basketball, join leagues, play volleyball, practice yoga, hip hop dance, ZUMBA and more! Check it out today. It is the perfect place to flex some muscle and have fun just minutes from your own back door.

## HOURS:

Monday thru Friday	11am to 8pm
Saturday	9am to 8pm
Sunday	12pm to 6pm

Visit your leasing office at Auburn Heights or The Windsong for class signup sheets or basketball league details.

Watch the calendar for the monthly schedule.



# Omni Zone

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