

Oompf Fit Club - About



We are a “bespoke” fitness club, which means we specialize in specialization. So, whether you’re looking for a **Full Gym Membership** to work out on your own, a **Cardio-Only Membership** to get your heart rate up using our cardio equipment, or a **Personal Training Program** to improve your overall fitness or work towards a specific goal (think: “I want to improve my balance and core strength!” or “I want to increase my agility for soccer!”), Oompf Fit Club has you covered. Plus, because we’re a small club, OFC is *never* crowded, our facilities are *always* pristine, and you’ll always be treated like family.

OUR OFFERINGS

Gym memberships

- Includes complete access to our fully-equipped, newly renovated gym facility, 7 days a week.
- Prime time and non-prime time memberships available.
- No contracts or signing fees.

Cardio-only memberships

- Reserve any of our cardio machines for 55 minute blocks. Any day, any time. Cardio machines include:
Stages Cycle, Assault Bike, Star Trac Pro Elliptical, Cybex Treadmill, True Pro Treadmill (decline – incline), Octane Ride Recumbent (ergometer), Life Fitness Summit Trainer (coming soon), and Concept 2 Rower (coming soon)

Personal training services

- One-on-one, semi-private, and small group training available
- Train with one of our seasoned trainers, experienced in the following modalities:
 - Athletic performance
 - Body Building
 - Post Rehab
 - Injury Prevention
 - General Fitness
 - Mobility
 - Fat Loss and Genetically Individualized Nutritional Counseling
 - Power and Strength
 - Cardiovascular

OFC SETAUKET: 196 North. Belle Mead Rd, East Setauket, NY 11733
CALL/TEXT: (631) 921-0034 or E-MAIL: oompfitclub@gmail.com

Oompf Fit Club - About



SHREDZ classes

- Class combines circuit and strength training with a bootcamp-style workout for a full-body burn that's different EVERY. SINGLE. TIME. All fitness levels and abilities are welcome!
- Max 10 people per class.
- Purchase class packages at crankcyclestudio.com.

Indoor cycling classes (next door with our affiliate, CrankCycle Studio)

- CrankCycle rides combine endurance, strength, and interval work for the ultimate cycling experience. With the lights turned down and the music turned up, lose yourself in your workout under the guidance of our experienced instructors. It's a full-body workout perfect for all levels.
- Max 15 people per class.
- Purchase cycling class packages at crankcyclestudio.com.

Stretching classes

- Let one of our experienced instructors guide you through a personalized stretching routine sure to rejuvenate your mind and body.
- Private, semi-private, and small group options available

Self-defense classes (next door with our affiliate, Island Budokan Karate)

- Learn basic self-defense skills in a traditional dojo setting under the guidance of an experienced instructor.

Nutritional Counseling

- Develop a personalized nutritional plan to help you reach your health and fitness goals.

OFC SETAUKET: 196 North. Belle Mead Rd, East Setauket, NY 11733
CALL/TEXT: (631) 921-0034 or E-MAIL: oompfitclub@gmail.com

Oompf Fit Club - About



- Our affiliate, Dr. Maria Zangara, will develop your nutritional plan based on an analysis of your personal genetic makeup, and our trainers can help you stick to it.
- Optional: OFC works with Dr. Maria to supply clients with access to pharmaceutical-grade nutraceuticals as needed.

Corporate fitness programs

- More and more companies are offering their employees benefits and perks like fitness programs in order to recruit and retain their talent—and keep them healthy and productive! We can tailor a corporate fitness program to meet your company's needs, using any/all of the above offerings.
- We will work with your company to reach a fair and reasonable pricing structure for your specific program.
- For inspiration, here are some options that you could incorporate into your company's employee benefits program:
 - Open gym during lunch hours (e.g., 11:30am-1:30pm)
 - Group fitness classes reserved for your employees only
 - Company-sponsored OFC memberships
 - Company-sponsored discounts on OFC membership
 - Monthly team-building activities at OFC (self-defense class, group training, cycling class, etc.)

OFC SETAUKET: 196 North. Belle Mead Rd, East Setauket, NY 11733
CALL/TEXT: (631) 921-0034 or E-MAIL: oompfitclub@gmail.com