

Omni - South Lake Tahoe

south lake tahoe

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Discovering OMNI Fitness Center in South Lake Tahoe, California

Located in the heart of South Lake Tahoe, OMNI Fitness Center is more than just a workout space; it's a vibrant community for all fitness enthusiasts. With an array of ****outdoor services**** and dynamic classes, this center has become a favorite among locals and visitors alike.

Service Options and On-Site Amenities

From yoga to HIIT, OMNI offers a rich variety of classes that cater to different fitness levels. Attendees have praised the ****exceptional instructors****, like Kayla

and Terrell, who combine humor and intensity to create an engaging atmosphere. The studio also provides ****gender-neutral toilets**** and is proud to be a ****transgender safe space****, ensuring that everyone feels comfortable and welcomed. The facility boasts a ****wheelchair-accessible entrance**** and a ****wheelchair-accessible car park****, making it accessible for everyone. Additionally, OMNI's space is known for its cleanliness and inviting ambiance, ensuring a pleasant experience for all members.

Community Spirit and Inclusivity

What sets OMNI apart is its strong sense of community. It identifies as ****women-owned****, fostering an inclusive environment. Many visitors express how the staff and instructors are warm and welcoming, creating a supportive atmosphere that's perfect for both newbies and seasoned yogis. Reviews highlight the strong LGBTQ+ friendly vibe, making it a safe space for everyone.

Online Classes and Planning Your Visit

In today's digital age, OMNI recognizes the importance of flexibility. They offer ****online classes****, allowing members to stay active from the comfort of their homes. For those planning to visit, it's advisable to check if an ****appointment is required**** for specific classes, especially during peak hours.

Parking and Accessibility Features

Finding parking at OMNI is hassle-free with a ****free parking lot**** available for all members. This convenience enhances the overall experience, allowing more focus on wellness activities rather than logistics.

Embracing Holistic Wellness

Beyond traditional workout sessions, OMNI also offers unique experiences such as ecstatic dance, cocoa ceremonies, and even vitamin infusion shots, catering to a holistic approach to wellness. Whether you're there for a ****heated slow flow class**** or to meet like-minded individuals at a women empowerment meetup, there's always something happening.

Conclusion: A Must-Visit Fitness Center

With fantastic vibes, extraordinary classes, and a strong commitment to inclusivity and accessibility, OMNI Fitness Center is a gem in South Lake Tahoe. Whether you're looking to break a sweat, join a community, or simply unwind and recharge, OMNI is the place to be. As one visitor aptly put it, "It's a necessity in a holistic place like Tahoe."

The location of our premises is

1029 Takela Dr # 5, 96150 South Lake Tahoe, California - United States (US)

The phone number of said **Fitness center** is +1530-494-9268

And if you want to send a WhatsApp, you can do so at [+1530-494-9268](https://wa.me/15304949268)

Our service hours are:

Day	Hours
Monday	7–10?AM 4–8?PM
Tuesday	8–11?AM 4–7?PM
Wednesday	9–11?AM 4–8?PM
Thursday	8–11?AM 4–7?PM
Friday	7–10?AM 5–6?PM
Saturday	8–10?AM
Sunday	9–10?AM 4–5?PM

The website is [OMNI](#)

In case you want to update any information that you consider is not precise concerning this page, we kindly request send us a message so that we will handle it as soon as possible. In advance we appreciate it.

Images



Omni videos



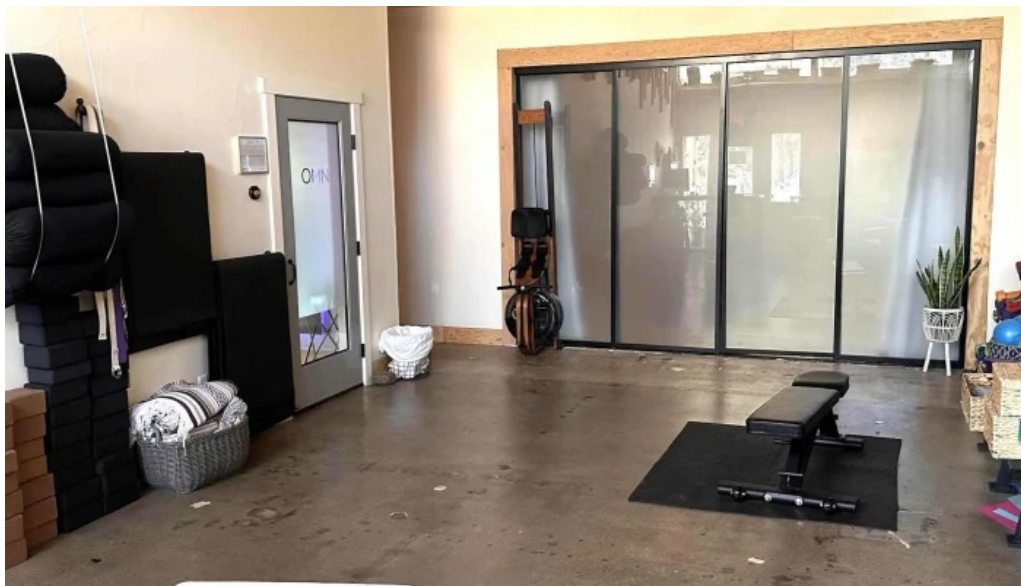
Omni street view 360deg



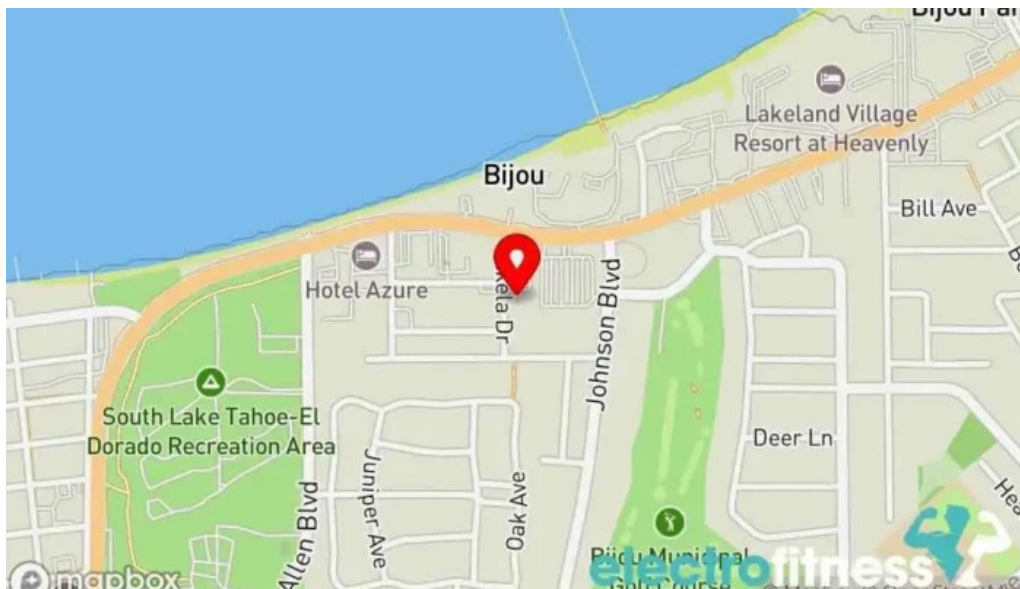
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Omni fitness center



Omni by owner



Omni all



Omni address

Tags

Amenities, Appointment required, Identifies as women-owned, Service options, LGBTQ+ friendly, Crowd, From the business, Planning, Wheelchair-accessible car park, Parking, On-site services, Gender-neutral toilets, Transgender safe space, Online classes, Outdoor services, Wheelchair-accessible entrance, Accessibility, Free parking lot

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fitness equipment wholesaler
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gymnastics center
gymnastics club
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