



## Be a Part of History: Reconstructing Historical European Martial Arts (HEMA)

Long Island Historical Fencing Society (LIHFS) is pleased to announce that we have moved to the Omni Fitness Center, a newly renovated, 24,000 sq. ft., fitness facility in Uniondale, NY

1800 sq. ft. fencing & fitness studio with 30 ft. ceilings  
& an upper floor observation deck



Multiple classes & practices per week to fit your schedule

Dedicated cardio room, free weights & strength equipment

Spacious locker rooms with steam & sauna rooms

LIHFS is a martial arts organization dedicated to studying, reconstructing and training with the German longsword and other medieval period weapons. LIHFS is not a re-enactment or LARP organization, nor a theatrical or 'stage-fighting' group.

For more information, including pricing and class schedule, visit our Facebook page at [facebook.com/#!/LIHFS](https://www.facebook.com/#!/LIHFS), or [theomnifitnesscenter.com](http://theomnifitnesscenter.com).

By phone, call Michael Capanelli or Brad Rangell at 516.387.2067

333 Earle Ovington Blvd., Uniondale, NY 11553 516.307.8088  
Located in the lower lobby of the Omni Building



OMNI FITNESS CENTER

