



FITNESS

THE EVOLUTION OF FITNESS



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Qi Fitness

Who we are: Qi Fitness is an exciting new fitness brand ready to redefine fitness and wellness in the Homewood-Flossmoor area. Our customized 5000 square foot fitness center, in downtown Homewood, is designed to provide premium amenities with a modern twist on fitness. We offer a wide range of diverse programs to accommodate the entire family and are conveniently located directly across from Homewood's Transportation Center and established retail anchors. With unmatched visibility and amazing accessibility, within Homewood's rapidly growing business corridor, we see a clear opportunity for accelerated and sustainable growth.

Our strong financial investment demonstrates our commitment to the community and firm belief that Homewood is absolutely the right area to launch our brand and grow our business.

About the owner: Phillip Glapion, is an award-winning martial arts instructor with more than 45 years of experience in the martial arts and fitness industry. He has owned and operated several very successful Martial Arts & Fitness Facilities within the Chicago-land area and trained numerous students from all walks of life, including law enforcement and foreign dignitaries.

Our staff: The management team is a collection of well accomplished professionals from a variety of disciplines. We also look forward to the opportunity to hire several new team members from within the community during the initial ramp-up.

HOURS OF OPERATIONS

In keeping with Homewood's Downtown Master Plan, we fully anticipate taking advantage of "The 18hr Day". Our planned hours are as follow:

Daily - 5am - 10pm (Gym Hours)

(Classes are staggered for efficiency)

SERVICES OFFERED

Our facility will offer a variety of services in addition to gym access; our intent is providing health and wellness programs to accommodate the entire family, i.e., senior wellness/mobility classes, yoga, martial arts (kids/adults), personal/group training.

Facility Lay-out

Upper (Main) Level: The Main Gym Floor

- **Reception Area/Entrance:** A spacious entry area with a front desk for check-ins and inquiries, potentially with a small seating area.
- **Main Workout Area:** The majority of the floor space would be dedicated to various fitness zones:
 - **Cardio Zone:** An area with treadmills, ellipticals, and bikes, often positioned near windows if available.
 - **Weight Training Area:** Sections for free weights (dumbbells, barbells) and weight machines.
 - **Group Fitness/Studio:** Separate enclosed studio for classes like yoga, martial arts, Pilates, or meditation.

- **Open sightlines:** The layout is often designed so staff can easily monitor all areas for safety.
- **Staircase Access:** A prominent set of stairs providing access to the lower level.

Lower Level: Locker Rooms and Amenities

- **Locker Rooms:** Separate male and female locker rooms, each featuring:
 - **Lockers:** Numerous lockers for secure storage of personal items.
 - **Shower Facilities:** Individual or multiple shower stalls.
 - **Restrooms:** Toilet facilities.
 - **Vanity Areas:** Benches, mirrors, and counter space.
- **Additional Amenities (optional):** Depending on the specific design, this level might also include a sauna/steam room, massage room, or additional storage/utility space.