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Premier West Fitness November 2017

<u>CLUB HOURS</u>		<u>MEMBERSHIP AND FACILITY TOURING HOURS</u>	
MONDAY - THURSDAY	5AM - 11PM	MONDAY - THURSDAY	5PM - 7PM
FRIDAY	5AM - 8PM	SATURDAY	9AM - NOON
SATURDAY	9AM - 6PM		
SUNDAY	12PM - 6PM		

Fitness on Demand - Virtual Fitness Classes

Premier West offers Fitness on Demand classes displayed on a crystal clear 70" HD TV. Virtual classes instructed by some of the world's elite fitness instructors, Fitness on Demand gives you choices from hundreds of different class styles, difficulty levels and durations. Simply visit the kiosk outside the class room, filter any preference you may have, select your class, view the equipment required and get your workout on YOUR schedule!

Below are just a few examples of classes available.

<p>Josephine's Booty Burn</p> <p>Burn your booty in the best way possible with these 3 inspiring ladies! You'll get the energy, motivation, and challenge you need to burn fat, sculpt up, and take your fitness to the next level.</p>	<p>WAR</p> <p>WAR is an exhilarating total body workout where a fusion of martial arts meets chart-topping music. Learn how to punch effectively, kick safely, and perform hooks and uppercuts like the pros.</p>	<p>Transform 4</p> <p>Transform 30 by Group Rx unites yoga and sport like never before. Prepare for a unique mind/body experience featuring traditional yoga poses in an express 30 minute format.</p>
<p>Revolution (Spin)</p> <p>Short on time doesn't mean short on results. Saddle up for an efficient high intensity interval training (HIIT) cycling experience that strengthens your legs, improves heart and lung function, and increases your determination to be fit for life. 30 minutes is all your need. Join the Revolution!</p>	<p>Killer Body w/ Jillian Michaels</p> <p>If you're looking to make a change, and not just any change - a killer change, Jillian Michaels Killer Body is for you. You will challenge every part of your body by working every muscle group to give you maximum results. Killer Body is a big promise, and this workout delivers. Killer Body is broken down into three weekly incredible 30-minute workouts, each focusing on a section of your body; buns and thighs, rock hard abs, and lean toned shoulders, biceps and triceps.</p>	<p>Piloxing Total Body and Mind Transformation (Prenatal)</p> <p>These sequences to help you learn how to strengthen and soften the body at the same time. They will help you remain calm and focused during your pregnancy so that you "are present" during labour and recover well after. It is a time to nurture yourself and connect you and your baby. Preparation is key and these yoga postures, meditations, breathing techniques, visualizations and affirmations, will build physical and emotional strength and flexibility.</p>
<p>Everyday Yoga</p> <p>These sequences to help you learn how to strengthen and soften the body at the same time. Preparation is key and these yoga postures, meditations, breathing techniques, visualizations and affirmations, will build physical and emotional strength and flexibility.</p>	<p>The Omnium (Spin)</p> <p>Over the course of 50 minutes, you'll do battle with the world's elite track racers as you take on the six different races which make up the Omnium competition. From the agony of the Kilometer to the frantic stress of the Points Race, you'll need to dig deep into every corner of your COURAGE for this one</p>	<p>Axis</p> <p>Axis Is a 30-minute focus on your foundation - the core. Create stability from the AXIS, the middle of your body, the basis of all movement, then layer on mobility, strength and power. Move like never before, beginning from the core, and reach farther than you thought possible.</p>



PREMIER WEST FITNESS:

- *KEY CARD ACCESS
- *OVER 200 FITNESS ON DEMAND VIRTUAL FITNESS CLASSES FEATURING SPINNING, P90X, BEACHBODY AND MORE
- *CARDIO THEATRE
- *MATRIX TREADMILLS
- *MATRIX CLIMBMILLS
- *MATRIX UPRIGHT AND RECUMBENT BIKES
- *MATRIX ROWING MACHINES
- *MATRIX ASCENT TRAINERS
- *8 PIECE MATRIX VERSA DUAL PURPOSE MACHINE WEIGHT STATIONS
- *NEXERSYS PRO BOXING AND KICK BOXING STATION
- *MEDICINE BALLS, KETTLEBELLS, HEAVY ROPES AND MORE
- *STATE-OF-THE-ART FACILITY
- *18 YEARS AND OLDER FACILITY

LOCATED AT THE:

