



Get started today and get the results you've been looking for

VR Fitness offers personal training options to fit anyone's goals, time availability, and budget! Work with us today in our unique training facility, located close to Ennis city centre, at the Westlink Centre, just off the Kildysart Road.

VR Fitness is dedicated to bringing you state of the art equipment and the highest standard Personal Training because we want you to get the most effective workout possible.

Personal Training

For men and women who want results, knowledge and the motivation to change their body and lifestyle, then look no further than 1:1 sessions Personal Training with VR Fitness.

Regardless of age or current ability, we will get you motivated and active, saving you time, stress and inches. 1:1 Sessions take place in our 1000sq foot private personal studio - just you and the trainer.

Your Personal Training Programme include

- One to one Personal Training in a private studio
- 7 day detox
- Personal tailored Nutrition Plan
- Support & Advise on how to get you on track
- A proven plateau busting training cycle
- Built off YOUR needs
- Bring a friend for FREE!
- And most important guaranteed results!

Lose weight, tone up & get stronger with VR Fitness - sign up today!

Spin Circuits

This is an hour long heart pumping class which has the calorie burning of spinning and the toning of circuits. Guaranteed to get you sweating and burning lots of calories.

Bootcamp

Intervals of high intensity cardio including: Boxing, KettleBells, Power-Bags and much more. Alternating with resistance training including Free Weights, Body Weight Resistance Training and Medicine Balls.

Strength & Conditioning Coaching

If you want to get super strong and fit then this is the class for you! Every set, every rep every minute is recorded to make sure you progress to the next level.

So what does this 4 week course include?

- 12 semi-private classes
- 7 day detox
- Nutritional advise to get results quick
- A proven plateau busting training cycle
- & most important, a class that actually gets you results!

Nutrition Advice

As the saying goes, 'You can't out run a bad diet' and while it's great to work out and exercise, 80% of your results come from your food and nutrition choices.

While it's great to work out, to truly see results we also need to watch what we eat. That's why our personal training program focuses heavily on nutrition and provides you with the education and accountability you need so you can fast track your results and also learn what are the right foods to eat, what quantities and what to buy when doing the groceries so you can learn healthy habits, and lose weight much faster than with just exercise alone

Studio Classes

Sick of training every week and not getting the results you deserve then come train with similar minded people and get in the best shape of your life!

We offers a wide variety of classes that cater for all levels of experience. Whether you want to lose weight, tone up, improve your fitness, or train with other people - we're sure we have a class for you!



Is Personal Training for you?

We understand that not everyone likes to exercise in a group setting, and some people prefer to receive one-on-one attention.

This can be especially helpful for those who haven't exercised in some time, along with those who are trying to tone up before a special event, or anyone aiming to make a lifestyle change.

The best part about personal training? It's completely personal. That means all sessions are designed for your needs and goals and also take into account your level of fitness, timeframe, and lifestyle.

It can also be an excellent first option for those who would like to move into the group bootcamp classes, but want to work on their fitness and technique before they work out with others.

If you follow our advice, work hard, and give 100% at each session, we can guarantee that you'll see some incredible results. If you're looking to make a change this year, and want a supportive, motivational environment with one of the best trainers in the industry, call or email us today with what you're looking to achieve and how often you're looking at training so we can get back to you with more information.



About VR Fitness

If you are looking to get in shape this year, look no further than VR Fitness. They provide services that will help you meet your goals and hopefully exceed your expectations.

Victor O'Riordan has been working in the fitness industry for many years after becoming a Qualified Gym Instructor through the National Council For Exercise & Fitness (NCEF) at the University of Limerick (UL) and Conditioning Coach through KG Elite Performance.

Contact Details

VR Fitness is conveniently located close to Ennis town centre on the Kidysart road.

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