

# FitMetrix

Here at Premier Health & Fitness Center, we are committed to bringing the best experience possible to our members. Premier has teamed up with FitMetrix to offer the ultimate indoor cycling experience.

## FitMetrix: What is it?

FitMetrix offers real-time tracking of your effort through heart rate monitoring, giving you the metrics you need to reach long-term goals. You'll even receive an email with your performance stats at the end of each class! Plus, it comes with other perks, like booking classes and reserving a specific spot in that class through PremierTLH.com

Follow this step by step guide to get started!

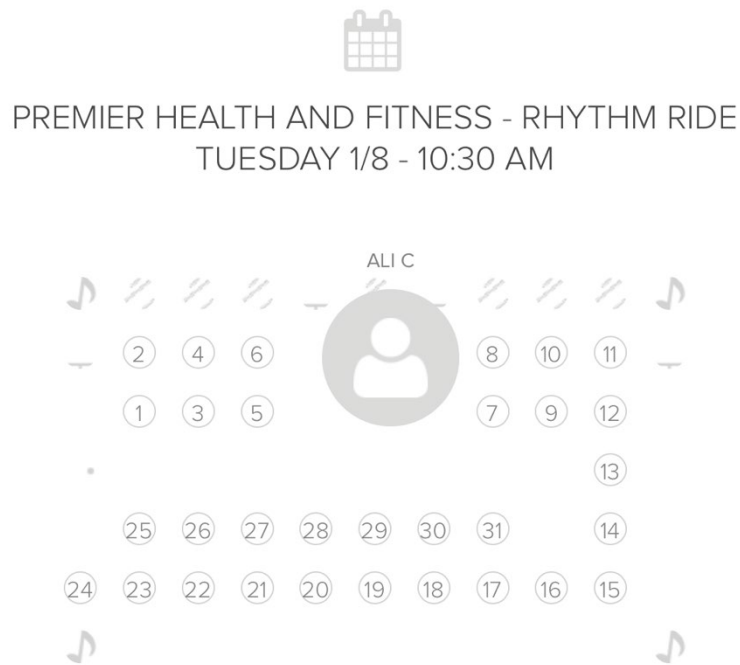
## Getting Started

Setting up your account and scheduling your first class can be done in five quick steps:

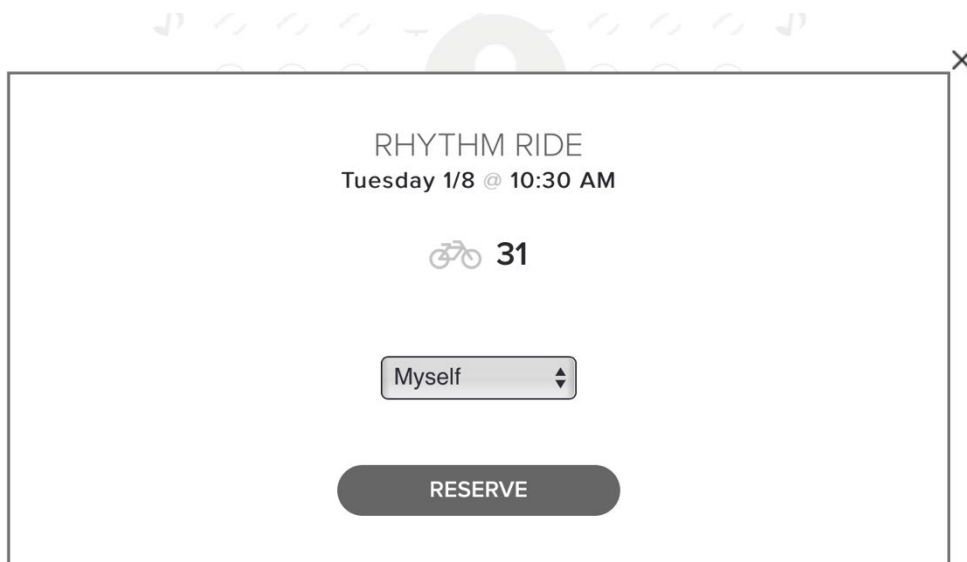
Step 1: Find your desired class time and click "RESERVE."

SUN	MON	TUE	WED	THU	FRI	SAT
Fitmetrix Training 7:00 AM / 45 Min. Tonya L	Rhythm Ride 5:30 AM / 45 Min. Merisha J	Rhythm Ride 7:00 AM / 45 Min. Beth C	Rhythm Ride 5:30 AM / 45 Min. Liz S <a href="#">RESERVE</a>		Cycle Sculpt 6:00 AM / 60 Min. Beth C <a href="#">RESERVE</a>	Tour de Tally 8:00 AM / 60 Min. Katie F <a href="#">RESERVE</a>
Tour de Tally 8:00 AM / 60 Min. Katie F	Cycle Sculpt 7:00 AM / 60 Min. Robin P	Rhythm Ride 10:30 AM / 45 Min. Ali C <a href="#">RESERVE</a>	Cycle Sculpt 7:00 AM / 60 Min. Merisha J <a href="#">RESERVE</a>			Rhythm Ride 10:30 AM / 45 Min. Tonya L <a href="#">RESERVE</a>
Rhythm Ride 10:30 AM / 45 Min. Tonya L	Rhythm Ride 12:00 PM / 45 Min. Ali C	Tour de Tally 12:00 PM / 45 Min. Kathy G <a href="#">RESERVE</a>	Rhythm Ride 12:00 PM / 45 Min. Ali C <a href="#">RESERVE</a>			
Rhythm Ride 3:00 PM / 45 Min. Cheryl J	Rhythm Ride 5:45 PM / 45 Min. Tonya L		Rhythm Ride 5:45 PM / 45 Min. Merisha J <a href="#">RESERVE</a>			



Step 2: Select your desired bike (ex: 31) by clicking on the circled number. Open bikes will display as white dots. Reserved bikes will display as grey dots.




Step 3: After clicking on the desired bike number, a confirmation box will pop-up. Click "RESERVE."





Step 4: You will then be prompted to log in or create your FitMetrix account. If you're a first-time user, you will need to create an account.

 Please login or register to reserve your spot in class. 



PREMIER HEALTH AND  
FITNESS LOGIN

 Username


 Password

Remember me [forgot password](#)

**Login**

[Create an account](#)

Step 5: Once you have logged in or created an account, you will receive a confirmation message. Congratulations - you successfully booked your class and reserved your spot.

You successfully reserved spot #31 [RESERVE FOR A GUEST](#) 

## FitMetrix FAQs

### Do I have to create an account to register for Cycling classes?

Yes. All participants are required to book their bikes through the reservation system.

### Do I have to own a heart rate monitor to participate?

No, heart rate monitors are not required for participation. Participants without a monitor will be able to gauge their efforts through watts training zones that coincides with our heart rate training zones.

### What is watts training?

Watts training measures the amount of power you produce when training. The harder you're training, the higher the watts.

### Which heart rate monitors are compatible with FitMetrix?

The FitMetrix software syncs with the following 8 brands and models:

- Garmin
- Mio
- MyZone
- Polar
- Scosche
- Suunto
- Wahoo
- FitMetrix HRMetrix
- FitMetrix FMX4
- FitMetrix FMX5

### Are heart rate monitors available for loan or purchase at Premier?

Because heart rate monitoring is not required, we do not offer loaners for class. Members & guests do have the option to purchase the FitMetrix FMX4 or FMX5. Purchases may be made at the front desk.

### Can I create an account without having my name and metrics displayed on the class boards?

Absolutely! Simply check-in with your instructor before class begins to have your display settings updated.

### Will I still receive the class summary with my metrics if I opt out of the display board?

Yes. FitMetrix will still track your data and send you an email report immediately after the class session ends.

**Additional questions?** Contact Tonya Little at [Tonya.Little@TMH.org](mailto:Tonya.Little@TMH.org) or call 431-4825