
TAKE THE CHALLENGE

Over 4000 people have done the 5 week Bootcamp Course so far. We now challenge you to experience what everyone is raving about.

It is achievable, it gets results and it's your opportunity to do something about the obstacles you face in the quest for health and discipline improvement.

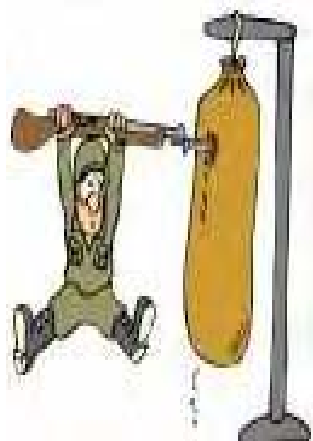
You know you want to.....

Call Today. 93262688

Email: brent@paramounthfc.com.au

Fax. 93262108

Paramount Website www.paramounthfc.com.au



IF NOT NOWWHEN !!!!



Paramount Boot Camp
142 Union Road
Ascot Vale 3032
03 93262688

PARAMOUNT BOOT CAMP
142 UNION ROAD
ASCOT VALE 3032



PARAMOUNT BOOTCAMP®

START YOUR CHALLENGE



NEXT COURSE / NO:

Your Health & Fitness is
Paramount

Tel 03 93262688

WE WANT YOU!



Are you ready for the fitness challenge of your life?

If so step forward to experience the most motivating course of all round personal development you are likely to encounter.

PARAMOUNT BOOTCAMP is a Fitness regime that offers a challenge and opportunity to develop your physical and mental fitness to its potential.

THINK YOU HAVE WHAT IT TAKES?

IF YES,.....READ ON



To achieve you must first attempt.

Course Structure

BOOTCAMP is a rigorous 5week program of variety filled exercise; it incorporates both physically & mentally challenging activities to provide a complete workout.

It is modeled on the physical training programs of some of the world's elite Special Forces such as the S.A.S & Navy seals and adapted to suit the general public.

Paramount Boot Camp is designed as a course that offers variety and adventure in safe and highly disciplined environment.

On the first session all Boot Camp recruits are to complete the Boot Camp Obstacle course to determine a suitable Fitness Platoon level, this way it is achievable at any level. This obstacle course is then done again at the end of course to compare the difference.

TIMES AND DAYS

All Recruits must complete 2 out of 3 group sessions per week. The sessions are held on **Tuesday mornings** at 6.00am (1 hour), **Thursday evenings** at 7.00pm (1 hour) and **Sat mornings** at 7.00am (1.5 hours).

Recruits will also be required to complete an extra set quota of fitness sessions such as abdominal, cardio and strength circuits. These extra sessions are set out by your Drill Instructors.

To top it off, each recruit will be given a balanced nutrition guide that must be adhered to, this will enhance results and recovery times between training.

All sessions are held in varied environments, such as the Williamstown Beach, the C.B.D, local running tracks or Paramount Health and Fitness Club.

As a pre requisite-Participants must be able to run 1klm nonstop before participating

IF YOU WANT RESULTS...
SIGN UP NOW!!!!

We now have 120 people that have completed the course 7 or more times and they keep coming back for more.

IF NOTHING CHANGES, NOTHING CHANGES!!..Change today.

COST

Non members (1st time)	\$ 299.00
Members (1st time)	\$ 220.00
Repeat member	\$ 180.00
Repeat Non members	\$ 250.00
7 star Member	\$ 140.00
Course Includes: Training manual and nutrition guide, 16 sessions of Boot Camp.	
TO BOOK IN CALL 93262688 A deposit of \$50.00 is required to book your place. Deposit is non refundable.	
*Conditions apply to members suspending membership during Boot Camp	



PARAMOUNT BOOTCAMP

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