



About Us

Welcome to our fitness training centre!

At Paramount we provide a facility where each person can enjoy the benefits of a healthy lifestyle within a friendly and non-threatening environment. We have invested years of experience in creating innovative and original exercise programs and group fitness sessions that maximise results. The unique facets of our club represented through the success of Boot Camp combined with the positive feedback from many loyal club members has helped Paramount develop the strong reputation it holds today.

Membership

DIRECT DEBIT PACKAGES

Full Membership: \$34.50 fortnight

Includes 1 GTFC session per week
Access to weight training gym and Cardio studio

All of our group fitness sessions

Off Peak Membership: \$29.50

CASUAL VISIT: \$14.00

GROUP SESSION: \$10.00

BOOTCAMP®

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.

BOOTCAMP offers a highly disciplined environment that caters for a range of fitness levels. The training regime incorporates challenge, adventure and fun. All participants must adhere to a sensible nutrition program and will be given plenty of motivation. Take the challenge today!!

TIMES:

Tuesday: 6.00am—7.00am

Thursday: 7.00pm—8.00pm

Saturday: 7.00am—8.30am

COST:

Non members (1st time):
\$280.00

Members (1st time):
\$220.00

Repeat Member:
\$180.00

Repeat Non member:
\$230.00

7 Star member:
\$230.00

Body Transformation Challenge

Get into the best shape of your life, join our unique 42 day challenge and you could be on the way to owning a better body!

Achieve results fast, with the easy to use manual which provides all the information, tips and advice required. The program also includes the invaluable support from our experienced personal trainers and our unique self confession system.

NUTRITION:

The ultimate fitness program provides participants with the most comprehensive, up to date and easy to follow nutrition guide ever seen. It includes nutrition guidelines and helpful facts about portion size, carbohydrate, protein, fat, mineral, vitamin and fiber intake plus the glycemic index and the latest information about Acid Vs Alkaline and Whole Food Supplements.

TRAINING SESSIONS:

The Body Transformation Training manual includes specific information on resistance and cardio training ensuring you have exactly what is required to achieve the results you want—weight loss or shaping and toning.

Training is a 6 day per week commitment, so preparation is essential but with motivation and organization it is very achievable.

COST:

Non Member: \$350.00

Member: \$190.00

Without Supplements Option:

Non Member: \$260.00

Member: \$100.00

Personal Training

Get the results you desire, take the first step and initiate a training session with our experienced and passionate personal trainers.

COST:

Non Member:

Single 55min sessions: \$60.00

Bulk session packs:

10 Sessions: \$580.00

20 Sessions: \$1100.00

30 Sessions: \$1500.00

Train with a friend:

2 People: \$45.00each

3 People: \$35.00each

4 People: \$25.00each

Member:

Single 55min sessions: \$45.00

Bulk session packs:

10 Sessions: \$440.00

20 Sessions: \$860.00

30 Sessions: \$1200.00

Train with a friend:

2 People: \$30.00each

3 People: \$25.00each

4 People: \$20.00each

Group Training Fitness Challenge

Want to train in the great outdoors? GTFC is a group personal training program that aims to improve cardiovascular fitness, strength and endurance. For session times and dates please refer to the itinerary available at reception or on the club website.

COST:

Non Member: \$15.00 per session

Member: \$10.00 per session

Non Member bulk session packs:

10 sessions \$135 20 sessions \$240

Member bulk session packs:

10 sessions \$90 20 sessions \$160

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