

Paramount Boot Camp 34

4 Week Mission Details & Itinerary



Date, Time & session No		Location & Map Ref	Training Session Details
Week 1		Melways Ref	FITNESS CONDITIONING WEEK 1
Sat 15 TH Nov	6.30am 1	Paramount Health & Fitness Club 142 Union Road, Ascot Vale. (Mel ways ref page 28, G9)	Introduction & Registration 6.30am sharp All participants need to register and pay at Paramount before the session, terms & conditions form MUST be completed
Sat 15 TH Nov	7.00am	Aberfeldie Park Page 28 C6, park near Poyntons nursery	Operation Fit start: A great session to get the ball rolling, 6 to 12km in distance, checkpoint challenge.
Tues 18 TH Nov	6.00am 2	Newport Lakes reserve Page 55 G3	The 3 R'S of fitness: Run-Resistance-Recover Sign registration role if not yet registered
Wed 19 TH Nov	7.00pm 3	Princess Park Page 29 11G Park on Royal Parade	FASTRACKED FITNESS: The ultimate sequence of the best body blasting circuits designed by Brent and his team.
Thurs 20 TH Nov	7.00pm 4	Victory Park, Page 28 F11	The world's biggest boxing circuit: Crunch, jab, elbow, lift, weave, dip, run. Fitness with some great variety!
Week 2			FITNESS CONDITIONING WEEK 2
Sat 22 ND Nov	7.00am 5	Brim bank Park Page 15 B9 Park at car park lookout	OPERATION 3 PEAKS: Discover the 3 secret areas to elevate your fitness. 3 areas, 3 peaks, Enjoy!!
Tues 25 TH Nov	6.00am 6	Aberfeldie Athletics track Page 28 D6	Interval depletion: A session that is always worth turning up for.
Wed 26 TH Nov	7.00pm 7	Canning Reserve Page 27 G8	Check point Challenge: A cross training session along the river with a bit of everything.
Thurs 27 TH Nov	7.00pm 8	MCG, Jolimont St Page 2G B6 Quiet zone	FAT BURNER FITNESS: We only have 4 weeks so lets up the antel!!
Week 3			NUTRITION DISCIPLINE WEEK
Sat 29 TH Nov	7.00am 9	Jacana Reserve enter via Lorraine Cr Page 6 E8	Battle of the sexes: Who is the stronger of the sexes? Let the challenge decide!
Tues 2 ND Dec	6.00am 10	Ormond Park Corner of Ormond rd & Pattison st Moonee Ponds 29 A9	Operation: 50/50: Half cardio via running the other half via Military fitness drills
Wed 3 RD Dec	7.00pm 11	Victory Park, Page 28 F11	PUSH V'S PULL: TRX and resistance to burn fat, shape and tone the entire body.
Thurs 4 TH Dec	7.00pm 12	Flagstaff Gardens: Page 2F B2 Park on Williams st or Lonsdale st	SUMMER IN THE CITY: Suburban navigation: Back from BC 21
Week 4			NUTRITION & FITNESS WEEK
Sat 6 TH Dec	6.45am 13	The Boat House Studley Park Page 44 H4. Park at the Boat house	RAMBO V's COMMANDO: You will be blown away with this stunning venue and the terrain. Note: The starting time is 6.45am and is an extended session. 1hr45 min.
Tues 9 TH Dec	6.00am 14	Melbourne Zoo Page 29 E12, Park around the side.	The race against time: Time is not our friend in this session but your fitness is.
Wed 10 TH Dec	7.00pm 15	Flagstaff Gardens Page 2F B2 Park on Williams st or Lonsdale st	OPERATION SIXPACK: Abs, core strength and challenge.
Thurs 11 TH Dec	7.00pm 16	Williamstown Beach Ref page 56B10 Park at the Kiosk end	FORESHORE FITNESS: Total body workout along the boulevard. No sand running. Enjoy a swim after the session.
Sat 13 TH Dec	7.00am 17	Duke st Sunshine, go all the way down until the 2 nd round about and turn right into Sunny Bank Rise.	THE DUKE OF SUNSHINE: Finish the course with this awesome session. End of year Christmas break-up party venue to be announced. Write this date in your diary and be sure not to miss it.

CODE OF CONDUCT

FOR ALL PARAMOUNT HEALTH AND FITNESS CLUB BOOT CAMP PARTICIPANTS AND EMPLOYEES

- 1. Always give right of way to pedestrians using tracks, keep to left of paths and trails**
- 2. Be courteous and respectful to all other users of facilities.**
- 3. Stay off vegetation, gardens, reserves and restricted areas.**
- 4. Leave locations cleaner than they were found.**
- 5. Park only in sign posted areas and pay for all metered parking.**
- 6. Keep noise levels down and be aware of surrounding residents.**
- 7. Listen to and obey all instructions given by Instructors**
- 8. Notify Instructors of any injury**
- 9. Arrive early enough (15 minutes) to warm up and to sign attendance role at the start of every session**