

# PARAMOUNT GROUP TRAINING CENTRE

## TRAINING SESSIONS TIMETABLE (Effective January 2010)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00 AM	1: TBC-50	5: H.E.A.T.-50	9: TBC-50	13: BODY FIT-50	16: S.A.S-50 STRENGTH & SCULPT		
9.00AM						19: H.E.A.T.-70	
9.30AM	2: BODYFIT-45	6: GROUP TRAIN-45 CROSSTRAINING	10: GROUP TRAIN-45 CARDIO-WEIGHTS		17: GROUP TRAIN-45 CROSSTRAINING		20:BODYFIT-60
5.30PM	3: GROUP TRAIN-45 CARDIO-WEIGHTS	7: GROUP TRAIN-45 FAT BURNER	11: S.A.S -50 STRENGTH & SCULPT			Please be on time to all Training sessions and bring a towel.  The duration of the training session is to the right of the session name.  Club Hours: Monday to Thursday 6am – 8.30pm Friday 6am to 8.00pm Saturday 8am to 1pm Sunday 9am to 12noon  Contact details:  Email: <a href="mailto:info@paramounthfc.com.au">info@paramounthfc.com.au</a> Web: <a href="http://www.paramounthfc.com.au">www.paramounthfc.com.au</a> Phone: 03 93262688	
5.45PM				14: ULTIMATE FIGHT NIGHT-50			
6.00PM					18: TBC-60		
6.30PM	4: H.E.A.T.50	8: BOXING FIT-60	12: BODY FIT-60				
7.00PM				15: YOGA-60 			

### TRAINING SESSION DESCRIPTIONS:

#### **BODY FIT- 45-60 minutes in duration**

Our unique style of training designed by our personal trainers, this training session covers a broad range of benefits from cardio vascular training, shaping and toning, fat burning, abdominal and core strength and overall fitness. Each workout is slightly different and equipment such as Dumbbells, barbells, treadmills, rowers, kettlebells bikes, and benches is used for variety.

**S.A.S-STRENGTH & SCULPT 50 minute** is an action packed weight training session utilizing various weight training principles such as super sets, drop sets, pyramid training etc, it is the perfect workout for strength and sculpting your body

#### **TBC: (TOTAL BODY CONDITIONING) 50-60 minutes in duration.**

The best training techniques combined with the awesome knowledge of our Personal trainers, this training session covers all aspects of training such as toning, shaping, cardio, fat burning, strength, abs and flexibility, the training session generally incorporates Barbell / Dumbbell training and Spinning in an interval format.

#### **BOXING FIT – ULTIMATE FIGHT NIGHT 60 minute format**

2 of our most popular training sessions, you will get a workout to remember and you'll be back for more, use boxing drills and techniques to challenge your endurance, strength and cardio fitness. Includes skills and drills from many disciplines. Boxing gloves recommended

#### **GROUP TRAIN – 45 minutes**

An awesome training session that provides a theme to each workout, themes range from Body part training, or repetition challenges such as our famous 1000 reps challenge, 500 abs etc, participants are guided and motivated through the session as they complete a preset workout that is displayed on whiteboard.

#### **H.E.A.T.-High Energy Aerobic Training– 50 & 70 minute format;**

Includes a straight 20-30 minutes of Spinning to begin the session followed by an awesome array of cardio, endurance and resistance power circuits. Get fit fast and get results immediately.

**YOGA:** Our newest addition to the timetable, A gentle yoga practice to increase flexibility and postural awareness. Working in unison with the breath to create an overall sense of vitality and well being, incorporating flexibility, mobility, breathing control, core strength exercises and movements. The perfect complement to every fitness regime. Yoga mats are recommended

**Please note:** All full members of Paramount Group Training Centre are entitled to 1 weekly Outdoor group training session as a part of your membership. See training schedule at Paramount or email us for details.

# If you ever want to bring a friend for a complimentary session please feel free to do so.