

# PARAMOUNT GROUP TRAINING CENTRE

## TRAINING SESSIONS TIMETABLE (Effective Jan 2012)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00 AM	1: TBC-50	5: FIT BLITZ.-50	9: TBC-50	13: BODY FIT-50	16: S.A.S-50 STRENGTH & SCULPT		
9.00AM						19: H.E.A.T.-60	
9.30AM	2: BODYFIT-45	6: GROUP TRAIN-45 CROSSTRAINING	10: GROUP TRAIN-45 CARDIO-WEIGHTS	14: FIT BLITZ-45	17: GROUP TRAIN-45 CROSSTRAINING		20:BODYFIT-60
10.15AM							
5.30PM	3: GROUP TRAIN-45 CARDIO-WEIGHTS	7: GROUP TRAIN-45 FAT BURNER	11: S.A.S -50 STRENGTH & SCULPT	15: BOXING FIT-50			
6.00PM					18: TBC-50		
6.30PM	4: H.E.A.T.50	8: BOXING FIT-60	12:: BODYFIT-50				

**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:**  
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### TRAINING SESSION DESCRIPTIONS:

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

Our unique style of training designed by us, this training session covers a broad range of benefits from cardio training, shaping and toning, fat burning, Ab & 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 50–60 minute format**

One 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, and 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 formats**

Includes a straight 20 minutes of Spinning to begin the session followed by an awesome array of endurance and resistance exercises followed by another 10 minutes of Spinning and Abdominal training. Get fit fast and get results immediately.

**FIT BLITZ:** A training session that has unlimited variation & changes each week to provide a challenging yet achievable training format that caters for all fitness levels

**PARAFIT:** A timed fitness challenge consisting of up to 10 separate fitness tasks that changes each month-Your goal is to complete all tasks in your best time and to improve each subsequent attempt thereafter-Times are recorded and graded according to our PARA RATING system to keep you accountable.

**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.