

# PARAMOUNT GROUP TRAINING CENTRE

## TRAINING SESSIONS TIMETABLE (Effective Nov 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.-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		21:BODYFIT-60
10.15AM						20: YOGA	
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.  <b>Club Hours:</b> Monday to Thursday 6am – 8.30pm Friday 6am to 8.00pm Saturday 8am to 1pm Sunday 9am to 12noon  <b>Contact details:</b>  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				15: BOXING FIT-50			
6.00PM					18: TBC-50		
6.30PM	4: H.E.A.T.50	8: BOXING FIT-60	12: BODY FIT-50				
6.45PM				CrossFit-30-40			

### 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, 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.

#### CROSS FIT-30-40 minutes- Special Program:

If you want to get strong and fit fast and are not afraid of a challenge then this session is for you! CrossFit is designed to be very challenging and incorporates super setting of exercises that continually stress all component of your fitness. Core strength, upper body endurance, fitness are the main benefits associated with this type of training-**Warning** this is for people wanting to get fit fast- It is run by Next Phase personal training and there is a \$10.00 fee for members and \$15.00 fee for non members.

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

**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.