



### 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 & original exercise programs & group fitness sessions that maximize results. We specialize in cross training & are one of the only clubs in Melbourne to offer such a broad variety of training sessions based on total body fitness.

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  
Off Peak Membership: \$29.50 fortnight

No joining fees or contracts-pay as you go  
Includes full access to all facilities and training sessions

### CASUAL USAGE

\$12.00 per visit

### CLUB OPERATING HOURS

Mon-Thursday 6am-8.30pm, Friday 6am-8pm, Sat 8am-1pm, Sun 9am-12noon

### OFF PEAK HOURS

Mon – Frid 9am-4.30pm  
Saturday 8am-1pm  
Sunday 9am -12noon

### CONTACT DETAILS

142 Union road Ascot Vale 3032  
Email: [info@paramounthfc.com.au](mailto:info@paramounthfc.com.au)  
Website: [www.paramounthfc.com.au](http://www.paramounthfc.com.au)  
Phone: BH: 03 93262688

## 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: \$290.00 Member: \$180.00

#### Without Supplements Option:

Non Member: \$190.00 Member: \$70.00

## ZERO TOLERANCE CHALLENGE

Zero-tolerance is a 14-day part Detox, part nutritional & training program. It aims to cleanse and Detox your body from everyday stresses and toxins. This disciplined program will improve your inner health and wellbeing.  
Participants will be provided with a training and nutrition manual at the commencement of the challenge!

COST: \$50 Members-\$100 Non Members

### G.T.F.C.

Group training fitness challenge is our outdoor fitness training program that offers the great outdoor as a training environment  
GTFC is a group personal training program that aims to improve cardiovascular fitness, strength and endurance.

For session times and dates please contact reception for times & locations.

### COST

Non Member:\$15.00 per casual session

Members: 1 free session per week when in season September-April, otherwise \$10.00 per session

## PARAMOUNT BOOT CAMP



We have been running Paramount Boot Camp for over 8 years and have had more than 5000 enrollments to date. We are the biggest facilitator in outdoor group training in Australia.

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!!

### COST

Non members (1st time): \$280.00  
Members (1st time): \$220.00  
Repeat Member: \$180.00  
Repeat Non member: \$230.00

### TIMES

Tuesday 6am, Thursday 7pm, Saturday 7am

See reception for the next course dates

## NEXT PHASE PERSONAL TRAINING

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

Sessions range from \$45—\$65 dollars according to the duration of the session and trainer.

Ask a trainer for group session prices today! Call Jamie or Greg on either: 0413300232 or 0413850535