

GTFC

Group training fitness challenge 4

TRAINING ITINERARY

GROUP TRAINING IN & OUTDOORS

Each week of training will have a specific training objective and each session will be varied for better results. The venues will vary and you are required to turn up 5 minutes before the session starts. Good luck and we guarantee you will enjoy the sessions.

Starting Wednesday 30TH JULY - AUGUST 24th 2008

DAY/ TIME	WEDNESDAY 6am	FRIDAY 6am	SUNDAY 8am
Week 1 details	JULY 30 th CARDIO COMBO Flagstaff Gardens Page 2F B2 Park on Williams st	AUGUST 1 ST ABS / UPPER BODY BLITZ North Melbourne Football Ground McCauley road Page 2A E7	AUGUST 3 RD CROSS TRAINING SESSION Paramount Health and fitness club, 142 union road Ascot Vale, 28 G10
Week 2 details	AUGUST 6 TH TRX STRENGTH CHALLENGE Victory Park Corner Epsom rd and Lang's road Ascot Vale 28	AUGUST 8 TH SHORT TRACK TRAINING Aberfeldie Athletics track Page 28 Corio St D6	AUGUST 10 TH MULTI PRINCIPLE TRAINING Flagstaff Gardens Page 2F B2 Park on Williams st
Week 3 details	AUGUST 13 TH INTERVAL STAIR SESSION MCG Jolimont St Page 2G B6	AUGUST 15 TH GLUTES, ABS, ARMS Ormond Park Cnr Ormond & Pattison st Moonee Ponds 29 A9	AUGUST 17 TH FAT BURNER CHALLENGE JJ Holland Park 42 J3 Kensington
Week 4 details	AUGUST 20 TH MULTI PRINCIPLE TRAINING North Melbourne Football Ground McCauley road Page 2A E7	AUGUST 22 ND VARIATION CIRCUIT Flagstaff Gardens Page 2F B2 Park on Williams st	AUGUST 24 TH TRX STRENGTH CHALLENGE Paramount Health and fitness club, 142 union road Ascot Vale, 28 G10

PLEASE BRING A TOWEL AND WATER BOTTLE TO YOUR SESSION.

Bookings at Paramount 93262688

Or

Call Brent on 0407345214