

# GTFC

## Group training fitness challenge

### TRAINING ITINERARY

#### GROUP TRAINING IN & OUTDOORS

Each session will have a mix of training principles and will give you the ability to dictate the intensity; your instructors will motivate you and coach you for the best workout possible.

Attend any session at any time, pay for the sessions as you go or pay in advance for bulk packs, great trainers, great venues and great workouts, please turn up 5 minutes before the session starts. We guarantee you will enjoy the sessions.

Session Details	Tuesday 28 <sup>TH</sup> OCT @ 6AM <b>Aberfeldie Athletics track</b> Page 28 Corio St D6 <b>C+A</b>	Thursday OCT 30 <sup>th</sup> @ 6.00AM <b>Flagstaff Gardens</b> Page 2F B2 Park on Williams st <b>XT</b>	Saturday NOV 1 <sup>ST</sup> @ 7.30AM <b>Victory Park</b> Cnr Epsom & Lang's rd Ascot Vale Page 28 <b>S+AB</b>
Session Details	Tuesday 4 <sup>TH</sup> NOV @ 7.30AM MELBOURNE CUP DAY <b>Footscray Park</b> Page 42 D2 Enter from Farnsworth Ave <b>XT</b>	Thursday NOV 6 <sup>TH</sup> @ 6.00AM <b>North Melbourne Football Ground</b> McCauley road Page 2A E7 <b>XT+CR</b>	Saturday NOV 8 <sup>TH</sup> @ 7.30AM <b>Aberfeldie Park</b> Meet near Poyntons Nursery, Page 28 C6 <b>XT+C</b>
Session Details	Tuesday NOV 11 <sup>TH</sup> @ 6.00AM <b>Aberfeldie Athletics track</b> Page 28 Corio St D6 <b>C+BW</b>	Thursday NOV 13 <sup>TH</sup> @ 6.00AM <b>Footscray Park</b> Page 42 D2 Enter from Farnsworth Ave <b>C+BW+AB</b>	Wednesday NOV 19 <sup>TH</sup> @ 6AM <b>Flagstaff Gardens</b> Page 2F B2 Park on Williams st <b>XT+A</b>
Session Details	Friday NOV 21 <sup>ST</sup> @ 6.30PM <b>Victory Park</b> Cnr Epsom & Lang's rd Ascot Vale Page 28 <b>S+CR</b>	Sunday NOV 23 <sup>RD</sup> @ 8AM <b>Paramount Health and fitness club</b> 142 union road Ascot Vale, 28 G10 <b>C+BW=AB</b>	Wednesday NOV 26 <sup>TH</sup> @ 6AM <b>Aberfeldie Athletics track</b> Page 28 Corio St D6 <b>C</b>
Session Details	Friday NOV 28 <sup>TH</sup> @ 6.30PM <b>Footscray Park</b> Page 42 D2 Enter from Farnsworth Ave <b>C+S</b>	Sunday NOV 30 <sup>TH</sup> @ 8AM <b>Flagstaff Gardens</b> Page 2F B2 Park on Williams st <b>XT</b>	Wednesday DEC 3 <sup>RD</sup> @ 6AM <b>North Melbourne Football Ground</b> McCauley road Page 2A E7 <b>XT</b>
Session Details	Friday DEC 5 <sup>TH</sup> @ 6.30PM <b>Paramount Health and fitness club</b> 142 union road Ascot Vale, 28 G10 <b>C+S+AB</b>	Sunday DEC 7 <sup>TH</sup> @ 8AM <b>Footscray Park</b> Page 42 D2 Enter from Farnsworth Ave <b>XT</b>	Wednesday DEC 10 <sup>TH</sup> @ 6AM <b>Aberfeldie Athletics track</b> Page 28 Corio St D6 <b>S+AB+C</b>
Session Details	Friday DEC 12 <sup>TH</sup> @ 6.30PM <b>Aberfeldie Park</b> Meet near Poyntons Nursery, Page 28 C6 <b>XT</b>	Tuesday DEC 16 <sup>TH</sup> @ 6AM <b>Flagstaff Gardens</b> Page 2F B2 Park on Williams st <b>C+AB+S+BW</b>	Thursday DEC 18 <sup>TH</sup> @ 6AM <b>Ormond Park</b> Cnr Ormond & Pattison st Moonee Ponds <b>C+BW</b>
Session Details	Saturday DEC 20 <sup>TH</sup> @ 7.30AM <b>Victory Park</b> Cnr Epsom & Lang's rd Ascot Vale Page 28 <b>S+XT</b>	<b>TRAINING CODE</b> S= Strength training    C= Cardio training XT= Crosstraining      AB= Abdominal training CR= Core training      E= Endurance BW= Body weight	The next itinerary will be published towards the end of this one, view this one online at <a href="http://www.paramounthfc.com.au">www.paramounthfc.com.au</a>

Call Brent on 0407345214 or 93262688 to be included into the automatic updates list or email [brent@paramounthfc.com.au](mailto:brent@paramounthfc.com.au) In the event of rain the session will be cancelled unless on a Sunday where the session will automatically be diverted to Paramount HFC