



Group Fitness Timetable

	MON	TUE	WED	THU	FRI		SAT	SUN
6.15 am	BOXING CIRCUIT Dale (30 min)	SPINNING Dale (45min)	BODY PUMP Al (45min)	SPINNING Reece (45min)	SPINNING Al (45min)	9.00 am	SPINNING Paula (30min)	
9.30 am		PARA PT Reece (60 min)		PARA PT Dave B. (60 min)		9.30 am	BODY PUMP Paula (30 min)	SUNDAY SESSION Kellee (30 min)
6.30 pm	SPINNING Brent (30 min)	FIGHT NIGHT Reece	RUSH HOUR Paula (30 min)	B/CAMP CIRCUIT Al		10.00 am	AB'S/ STRETCH Paula	SUNDAY SESSION Kellee
7.00 pm	BODY PUMP Brent (30 min)	FIGHT NIGHT Reece	SPINNING Paula (30 min)	B/CAMP CIRCUIT Al				
7.30 pm	RUSH HOUR Brent (30 min)		BODY PUMP Paula (60 min)					

Class Descriptions

Paramount Health & Fitness Club

142 Union Rd
ASCOT VALE

Phone: 9326 2688

Fax: 9326 2108

E-mail:
paramounthfc@optusnet.com.au
Website:
www.paramounthfc.com.au

BODY PUMP The original barbell class. Tones and conditions muscles, while raising your metabolic rate for rapid fat-burning. It's simple, super fun and it's "The fastest way in the world to get in shape".

SPINNING An indoor cycling program that utilises jumps, sprints, and resistance work to create the ultimate workout. An instructor leads your mind and body on a journey incorporating heart rate training principles for the best cardiovascular work. Suitable for all ages and levels of fitness.

FIGHT NIGHT A Boxing Circuit style class incorporating a variety of punches & combinations using focus pads, punching bags, and shadow boxing techniques. Abdominal training exercises will also be included. To guarantee a great cross training workout. This class will get you fit and is a huge Fat burner.

RUSH HOUR Hi & Lo impact cardio training for both Men & Women, easy to co-ordinate, mixture of fitness drills with the combination of athletic step, weights, awesome ab drills and much more to burn kilojoules and get fit fast.

BOOT CAMP CIRCUIT We bring the best of our Boot Camp outdoor Training Sessions indoors. Expect a variety of cross-training exercises taught in a Circuit style format.

PARA PT An in-house complimentary personal training session led by a fully qualified personal trainer. Sessions will include a variety of shaping, toning and cardio exercises set in a class format. Suitable for all fitness levels. Class content will vary from week to week.

SUNDAY SESSION A cross-training class involving Spinning, Circuit and body toning exercises.

AB/STRETCH A mix of core conditioning exercises to tone abdominals & strengthen back and deep held stretches to release muscles & increase flexibility.

OPENING HOURS:

Monday - Thursday:	6.00 am - 9.00 pm	Saturday	8.00 am - 3.00 pm
Friday:	6.00 am - 8.00 pm	Sunday	9.00 am - 1.00 pm