

# PARAMOUNT GROUP TRAINING CENTRE

TRAINING SESSIONS TIMETABLE (Effective April 14<sup>th</sup> 2009)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00 AM	1: TBC-50	6: SPIN-ABS-55	10: TBC-50	14: BODY PUMP-50	18: BODY FIT-50		
9.00AM						20: SPINNING-40	
9.30AM	2: BODYFIT-45	7: GROUP TRAIN-45 CROSSTRAINING	11: GROUP TRAIN-45 CARDIO-WEIGHTS	15: ARMS-LEGS-ABS-45			22: BODYFIT-60
9.45AM						21: PUMP-ABS-50	
5.30PM	3: GROUP TRAIN-45 CARDIO-WEIGHTS	8: GROUP TRAIN-45 FAT BURNER	12: BODY PUMP CHALLENGE-45	16: GROUP TRAIN-45 THEME SESSION 500 REPS-AWESOME ABS ETC		<p>Please be on time to all Training sessions and bring a towel.</p> <p>The duration of the training session is to the right of the session name.</p> <p><b>Club Hours:</b> Monday to Thursday 6am – 8.30pm Friday 6am to 8.00pm Saturday 8am to 1pm Sunday 9am to 12noon</p> <p><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 Fax: 0393262108</p>	
6.30PM	4: SPINNING-30	9: BOXING FIT-60	13: BODY FIT-60	17: ULTIMATE FIGHT NIGHT-60	19: TBC-60		
7.00PM	5: BODYBLITZ-30						

## TRAINING SESSION DESCRIPTIONS:

### **BODY FIT- 30-45-60 minutes in duration**

Our unique style of training designed by our personal trainers, this training session covers a broad range of benefits from cardio vascular training, shaping and toning, fat burning, abdominal and core strength and overall fitness. Each workout is slightly different and equipment such as Dumbbells, barbells, treadmills, rowers, bikes, and benches is used for variety.

### **BODY PUMP – 30-45 minute formats (Body Pump Challenge is another great version for extra challenge & strength)**

Tones and conditions muscles, while raising your metabolic rate for rapid fat-burning, it's a great way to add some strength training into your fitness regime.

### **SPINNING - 30 & 40 minute formats (Spin-Abs is 40 minutes Spinning-10-15 minutes Abdominals)**

An indoor cycling program that utilizes riding techniques and adjustable pedal resistance to create the ultimate cardio fat burning session possible.

### **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.

### **BOXING FIT – ULTIMATE FIGHT NIGHT 60 minute format**

2 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

### **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.

### **ARMS-LEGS-ABS – 45 minutes**

Tone, strengthen and shape your body with the best exercises known.

**BODY BLITZ – 30 minutes** Using a Barbell and Dumbbells you will perform strength, toning and shaping exercises to change the shape your body

**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.