

6:00am - 7:00am

White - 10 May – 2 July 2004

Monday to Saturday

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY 7:00am	
Week 1	10 May <u>Gavin</u> Strength Circuit Bronte	11 May <u>Gavin</u> Fitball/Stairs Tamarama	12 May <u>Gavin</u> Run (INTERVALS) Lyne Park	13 May Medball/S.Sand Bronte	14 May Cardio/Box Yogalates Run Bondi	15 May <u>7:00am</u> Run (Mosman Training) Box/Core/Stretch Centennial Park	
Week 2	17 May <u>Mike</u> Kicking Circuit (no gloves) Bronte	18 May <u>Mike</u> Run (Strength Endurance) Tamarama	19 May <u>Mike</u> Total Balance Circuit Lyne Park	20 May Spin Spin City Gym	21 May Cardio/Box Yogalates Run Bondi	22 May <u>7:00am</u> Run (Mosman Training) Body/Box Centennial Park	
Week 3	24 May <u>Dave</u> Agility Circuit Bronte	25 May <u>Dave</u> Combo Box Tamarama	26 May <u>Dave</u> Run (INTERVALS) Lyne Park	27 May All Terrain Box Rushcutters Bay Park	28 May Cardio/Box Yogalates Run Bondi	29 May <u>7:00am</u> Run (Mosman Training) Box/Core/Stretch Centennial Park	
Week 4	31 May <u>John</u> Fitball/Box Bronte	1 June <u>John</u> Run (Strength Endurance) Tamarama	2 June <u>John</u> Medball/Core Lyne Park	3 June Fitball/Run Bondi Public	4 June Cardio/Box Yogalates Run Bondi	5 June <u>7:00am</u> Run (Mosman Training) Box/Core/Stretch Centennial Park	
Week 5	7 June <u>Howard</u> Strength Circuit Bronte	8 June <u>Howard</u> Fitball/Stairs Tamarama	9 June <u>Howard</u> Run (INTERVALS) Lyne Park	10 June Spin Spin City Gym	11 June Cardio/Box Yogalates Run Bondi	12 June <u>7:00am</u> Run (Nike Classic) Body/Box Centennial Park	
Week 6	14 June <u>Tam Session</u> Surprise Session Bronte	15 June <u>Mike</u> Run (Strength Endurance) Tamarama	16 June <u>Mike</u> Total Balance Circuit Lyne Park	17 June Games Day Rushcutters Bay	18 June Cardio/Box Yogalates Run Bondi	19 June <u>7:00am</u> Run (Nike Classic) Box/Core/Stretch Centennial Park	
Week 7	21 June <u>Dave</u> Agility Circuit Bronte	22 June <u>Dave</u> Combo Box Tamarama	23 June <u>Dave</u> Run (INTERVALS) Lyne Park	24 June Fitball/Run Bondi Public	25 June Cardio/Box Yogalates Run Bondi	26 June <u>7:00am</u> Run (Nike Classic) Cardio/Box Centennial Park	
Week 8	28 June <u>Seamus</u> Fitball/Box Bronte	29 June <u>Seamus</u> Run (Strength Endurance) Tamarama	30 June <u>Seamus</u> Medball/Core Lyne Park	1 July All Terrain Box Rushcutters Bay Park	2 July Cardio/Box Yogalates Run Bondi	3 July <u>7:00am</u> Run (Nike Classic) Body/Box Centennial Park	

Red Cardio-vascular based fitness sessions of either moderate or high intensity
 Blue Focus on total body strength, weight bearing and stabilisation-based exercises
 Green Focus on mind-body connection; lower, upper and core body strength

Session Changes Due to Weather: In the event of unfavourable weather conditions we will utilize our indoor alternative. In the case of it being used there will be a message on the following mobile number advising of the change – 0415 031 303. See your location finder on the reverse of this page for the address of your indoor alternative.

Location Finder

Bondi Beach

Getting there and parking: Parking is available along Campbell parade. Please be aware that it is metered parking and an area frequented on a regular basis by traffic wardens.

Meeting Place: **We meet on the grass patch at the Northern end of the beach. The meeting place (grass patch) is immediately to the left of the North Bondi surf life saving club– if you are facing the Ocean. Please also note that the North end is the left side of the beach if you are facing the sea.**

Bronte Beach

Getting there and parking: Parking is available in the designated parking area adjacent to the beach in Bronte Road. Parking in this area is unrestricted. If you are there between 6am and 8am. After 9:00 am all parking on the Southern side is user pays. Please note that Telstra mobile phone users may use their mobile phones to pay the meter charge. NON METERED PARKING IS AVAILABLE ON THE NORTHERN END OF THE BEACH (on Bronte Marine Drive)

Meeting Place: **We meet in the park adjacent to the beach. Our meeting spot is next to the little green garage that houses the children's train.**

Centennial Park (for CYCLING sessions only)

Getting there and parking If Centennial Park Cycles on Clovelly Road is our bicycle pick up point. The nearest cross street is Avoca street. Their exact address is 50 Clovelly Road Randwick. If you are meeting the group at the bicycle store you can leave your car there.

Centennial Park (NON cycling sessions only)

Getting there and parking The best entrances to use are either Darley Road or Oxford Street

Meeting Place: (all NON cycling sessions) **Our meeting point is on the road in the area next to the main restaurant and kiosk. The Road is called Grand Drive and the closest cross street (in the Park) is Parkes Street.**

Lyne Park

Getting there and parking: The park is off New South Head Road in Rose Bay. The nearest Cross Streets are O'Sullivan Road and Kent Road. The most distinctive landmarks in the Park are the Rose Bay Ferry Wharf, Catalinas and the floating Imperial Peking Restaurant.

Meeting Place: **We meet in the park adjacent to Catalinas .**

Rushcutters Bay Park

Getting there and parking: The park is situated on New Beach Road. The best way to get there is either off Loftus Road or New South Head Road.

Meeting Place: **We meet in the park next to the brick building (Toilets and Change area), if you drive past the Yacht club you have gone to far.**

Queens Park

Getting there and parking: The park is between Queens Park Road and Darley Rd in Queens Park. The nearest Cross Street is Avoca Road.

Meeting Place: **We meet at the South West corner of the park. The nearest street to our meeting point is the Darley Street and Avoca Road corner. Parking is easy to find in Darley Road.**

Rose Bay (Biathlon)

Getting there and Parking. Percival park is situated in Rose Bay just off Collins Avenue. The nearest cross road is Caledonian Street (off New South Head Road). It will be best to park in New South Head Road and then walk to the park.

Our departure point for this session is Percival Park Rose Bay.

Spin City Gym (Spin Classes)

Getting there and parking: Spin City is located at 67 Hall Street Bondi on the 3rd floor of the Hakoah Club. Metered parking is available on Hall Street. Parking is also available in the Hakoah Club for all hakoah members. Membership can be purchased for \$ 12 for six months from the front desk.

Meeting Place: **We meet on the 3rd floor adjacent to the gym reception desk.**

Tamarama Beach

Getting there and parking: The beach is adjacent to Tamarama Marine Drive. Parking is unrestricted and available all along Tamarama Marine Drive.

Meeting Place: **We meet in the park right next to the beach (on the BEACH SIDE) of the road. We meet on the Western end i.e right next to the road.**

Wet Weather location Bondi beach public school

Getting there and parking. The school is located at the end of Campbell Parade, Northern end. (location for Bondi Sunday markets) Parking is available inside the school grounds. Our meeting point is the side gate at the rear side of the school entrance.