



July		Bondi 6am evolutiontowelling.com Aaron Laurence 0414 892 356 aaron@etwgroup.com	Bondi Beach Meet at the south end of the Bondi Pavilion. This is the left side of the pavilion if you are facing the building with the ocean at your back near the sculpture of the life saver.	Bronte Park We meet at the southern end of the park adjacent to the beach. Our meeting spot is next to the little green garage that houses the children's train.	St Luke Church, Clovelly On the Corner of Arden & Varna Street, Clovelly. The hall is just on the left down Varna Street parking available		2013

WEEK 1	Monday @ 6am 29 July 2013	Tuesday @ 6am 30 July 2013	Wednesday @ 6am 31 July 2013	Thursday @ 6am 1 August 2013	Friday @ 6am 2 August 2013	Saturday @ 7am 3 August 2013	WEEK 1
	Pumping Iron & Sprints	Strength & Core (plus indoor yoga option) Soft Sand Run	Boxing	Azza says do this... (plus indoor yoga option)	Pumping Iron & Run for Endurance	No Pain No Gain	
	Bondi Beach	Bondi Beach	Bondi Beach	Bondi Beach	Bondi Beach	Queens Park	
	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	

WEEK 2	Monday @ 6am 5 August 2013	Tuesday @ 6am 6 August 2013	Wednesday @ 6am 7 August 2013	Thursday @ 6am 8 August 2013	Friday @ 6am 9 August 2013	Saturday @ 7am 10 August 2013	WEEK 2
	Medicine Ball Mayhem & Sprints	Strength & Core (plus indoor yoga option) Soft Sand Run	Boxing	Azza says do this... (plus indoor yoga option)	Medicine Ball Mayhem & Run for Endurance	No Pain No Gain	
	Bondi Beach	Bondi Beach	Bondi Beach	Bondi Beach	Bondi Beach	Bondi Beach	
	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	

WEEK 3	Monday @ 6am 12 August 2013	Tuesday @ 6am 13 August 2013	Wednesday @ 6am 14 August 2013	Thursday @ 6am 15 August 2013	Friday @ 6am 16 August 2013	Saturday @ 7am 17 August 2013	WEEK 3
	Power Up & Sprints	Strength & Core (plus indoor yoga option) Soft Sand Run	Boxing	Azza says do this... (plus indoor yoga option)	Power Up & Run for Endurance	No Pain No Gain	
	Bondi Beach	Bondi Beach	Bondi Beach	Bondi Beach	Bondi Beach	Bronte Park	
	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	

WEEK 4	Monday @ 6am 19 August 2013	Tuesday @ 6am 20 August 2013	Wednesday @ 6am 21 August 2013	Thursday @ 6am 22 August 2013	Friday @ 6am 23 August 2013	Saturday @ 7am 24 August 2013	WEEK 4
	Kettlebells & Sprints	Strength & Core (plus indoor yoga option) Soft Sand Run	Boxing	Azza says do this... (plus indoor yoga option)	Kettlebells & Run for Endurance	Mega Session	
	Bondi Beach	Bondi Beach	Bondi Beach	Bondi Beach	Bondi Beach	Centennial Park	
	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	



OTHER OPTIONS

	Tuesday @ 6am Indoors	Thursday @ 6am Indoors	Thurs Long Runs @ 6am
Wk 1	Yoga and Circuit	Yoga	Long Run
Wk 2	St Lukes Church, Clovelly	St Lukes Church, Clovelly	Rushcutters Park North
Wk 3	Yoga and Circuit	Yoga	Long Run
Wk 4	St Lukes Church, Clovelly	St Lukes Church, Clovelly	Lyne Park, Rose Bay
Wk 5	Yoga and Circuit	Yoga	Long Run
Wk 6	St Lukes Church, Clovelly	St Lukes Church, Clovelly	Bronte Beach
Wk 7	Yoga and Circuit	Yoga	Long Run
Wk 8	St Lukes Church, Clovelly	St Lukes Church, Clovelly	Coogee Beach

Are you a Winter Warrior??

- 1. Make your Warrior Commitment**
You commit to 12 weeks training Rain or Shine! June 3-Aug 24 and tell the world you're a Warrior! @evolutiontowelling
- 2. Get the t-shirt and wear your warrior with pride**
Pre-order available 3rd June
- 3. Be rewarded for your valour & bring your friends**
A Warrior laughs in the face of the weather and shall be rewarded!
- 4. Show us on Facebook and Instagram**
Post photographic evidence of your Warrior Wellness activities
#winterwarrior @evo2wellbeing

SESSIONS	Agility Blast improve agility, balance & co-ordination	Mega Session a double session (90 mins) of weights & cardio	Resistance Tubes total body conditioning with resistance tubes	SESSIONS
	Challenge Yourself Set a benchmark & next time around you can beat it	Moving Circuit keep on moving and use the park for a cardio blast	Run for Endurance work on your endurance with a 25 mins run	
	Circuit Combo total body workout with or without equipment	No Pain No Gain a surprise circuit, bodyweight or equipment based	Shield Yourself strength, stability and core work using kick shields	
	Core, Cones and Hills strengthening & core blast alternated with hills	Pilates improve posture and core strength	Sprinting a great interval based cardio workout	
	Double Grip Med Balls add 2 handles and it's a whoope new (med) ball game	Power Punch punch like a heavy weight to build power & endurance	Sprints short and sweet for an awesome metabolic boost	
	Kayaking feed your soul on the Harbour with a morning paddle	Power Ropes build your strength endurance & cardio capacity	Tone & Balance improve your core strength & stability	
	Kettlebells develop functional, whole body strength	Power Up use dumbbells to improve your dynamic strength	Tough Enough get down & dirty with a tough bodyweight session	
	Medicine Ball Mayhem using medball for added resistance	Pumping Iron using barbells & weights, improve your strength	Yoga improve flexibility, core and mind body connection	

OUR PARTNERS	The mind & body are inextricably linked: the body speaks the mind. Do you suffer from a physical or emotional condition such as back pain, anxiety, phobias, fear of public speaking, low self-esteem or feelings of I'm not good enough and I'm a failure. If you suffer from an emotional or physical condition, then there is a reason why your body has felt the need to create it. Discover, resolve and heal the hidden causes of your life stresses and physical health. If you would like to find out more contact Debbie on 0402 010 799 or debbie@debbiespellman.com 		 Shop 1, 92 Glenayr Avenue North Bondi 9365 4059 www.sevenwayshealthcentre.com.au At Sevenways we can get you back to your best performance at training. Deep relief from niggling muscle or skeletal pain. Sound advice and treatment. Boost energy reserves, destress and sleep well again	2 sessions of Acupuncture for price of 1 with Bartley Melocco \$10 off your 1st 1 hour treatment of sports/ remedial massage with Irene or Adam	OUR PARTNERS