July | **2013**

evolution to wellbeing

Coogee 6am
evolutiontowellbeing.com
Jayne McPherson
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Coogee Beach
Parking is available in the public car park at the end of Dolphin Street (North end of beach). Meeting place is in the park area immediately adjacent to the parking lot

St Nicolas' Church, Coogee
123 Brook Street, Coogee. Entrance to hall is on Carr St. Nearest corner street is Carr St.

St Luke Church, Clovelly
On the Corner of Arden & Varna Street, Clovelly. The hall is just on the left down Varna Street parking available

WINTERWARRIOR

WEEK 1

Monday @ 6am	Tuesday @ 6am	Wednesday @ 6am	Thursday @ 6am	Friday @ 6am	Saturday @ 7am
29 July 2013	**30 July 2013**	**31 July 2013**	**1 August 2013**	**2 August 2013**	**3 August 2013**
Power Up & Interval Based Running	Power Bags Run for Endurance (Plus Indoor option with Bruce)	Power Up & No Pain No Gain	No Pain No Gain (plus indoor yoga option)	Boxing	No Pain No Gain
Coogee Beach	**Maroubra Beach**	**Coogee Beach**	**Coogee Beach**	**Coogee 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	Tuesday @ 6am	Wednesday @ 6am	Thursday @ 6am	Friday @ 6am	Saturday @ 7am
5 August 2013	**6 August 2013**	**7 August 2013**	**8 August 2013**	**9 August 2013**	**10 August 2013**
Kettlebells & Interval Based Running	Pumping Iron Run for Endurance (Plus Indoor option with Bruce)	Kettlebells & No Pain No Gain	No Pain No Gain (plus indoor yoga option)	Boxing	No Pain No Gain
Coogee Beach	**Maroubra Beach**	**Coogee Beach**	**Coogee Beach**	**Coogee 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**

WEEK 3

Monday @ 6am	Tuesday @ 6am	Wednesday @ 6am	Thursday @ 6am	Friday @ 6am	Saturday @ 7am
12 August 2013	**13 August 2013**	**14 August 2013**	**15 August 2013**	**16 August 2013**	**17 August 2013**
Bosu Body Conditioning & Interval Based Running	Medicine Ball Mayhem Run for Endurance (Plus Indoor option with Bruce)	Bosu Body Conditioning & No Pain No Gain	No Pain No Gain (plus indoor yoga option)	Boxing	No Pain No Gain
Coogee Beach	**Maroubra Beach**	**Coogee Beach**	**Coogee Beach**	**Coogee Beach**	**Lyne 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	Tuesday @ 6am	Wednesday @ 6am	Thursday @ 6am	Friday @ 6am	Saturday @ 7am
19 August 2013	**20 August 2013**	**21 August 2013**	**22 August 2013**	**23 August 2013**	**24 August 2013**
Medicine Ball Mayhem & Interval Based Running	Bosu Body Conditioning Run for Endurance (Plus Indoor option with Bruce)	Challenge Yourself	No Pain No Gain (plus indoor yoga option)	Boxing	**Mega Session**
Coogee Beach	**Maroubra Beach**	**Coogee Beach**	**Coogee Beach**	**Coogee 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	Tuesday @ 6am Indoors	Thursday @ 6am Indoors	Thurs Long Runs @ 6am
Wk 1	Pilates with a Twist **St Nicolas' Church, Coogee**	Yoga & No Pain No Gain **St Lukes Church, Clovelly**	Yoga **St Lukes Church, Clovelly**	Long Run **Rushcutters Park North**
Wk 2	Pilates with a Twist **St Nicolas' Church, Coogee**	Yoga & No Pain No Gain **St Lukes Church, Clovelly**	Yoga **St Lukes Church, Clovelly**	Long Run **Lyne Park, Rose Bay**
Wk 3	Pilates with a Twist **St Nicolas' Church, Coogee**	Yoga & No Pain No Gain **St Lukes Church, Clovelly**	Yoga **St Lukes Church, Clovelly**	Long Run **Bronte Beach**
Wk 4	Pilates with a Twist **St Nicolas' Church, Coogee**	Yoga & No Pain No Gain **St Lukes Church, Clovelly**	Yoga **St Lukes Church, Clovelly**	Long Run **Coogee Beach**

NEWS / EVENTS

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! @evoluiontowellbeing
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
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	**Skipping** a great interval based cardio workout
Double Grip Med Balls add 2 handles and it's a whope 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 dumbells 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

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Olivia Scott
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Certified Applied Kinesiologist, Musculoskeletal Acupunturist, NET Practitioner
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