



July	 Maroubra 6am evolutiontowelling.com Dan D'Ambrosio 0424 393 182 dan@etwgroup.com		Maroubra Beach We meet at the South End of Arthur Bryne Reserve, next to the South Maroubra Surf Life Saving Club	Yogala Studio, McKeon St 34 McKeon Street, Maroubra Beach, limited street parking on McKeon. Park on beach front and walk 100m up McKeon	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
	Circuit Combo (Yoga now indoors) Power Yoga	Power Bags & Run for Endurance	Cardio Boxing	Long Run (new trial session)	Power Bags & Sprints	No Pain No Gain	
	Maroubra Beach	Maroubra Beach	Maroubra Beach	Maroubra Beach	Maroubra 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
	Circuit Combo (Yoga now indoors) Power Yoga	Pumping Iron & Run for Endurance	Cardio Boxing	No Pain No Gain (plus indoor yoga option)	Pumping Iron & Sprints	No Pain No Gain	
	Maroubra Beach	Maroubra Beach	Maroubra Beach	Coogee Beach	Maroubra 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 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
	Circuit Combo (Yoga now indoors) Power Yoga	Medicine Ball Mayhem & Run for Endurance	Cardio Boxing	Long Run (new trial session)	Medicine Ball Mayhem & Sprints	No Pain No Gain	
	Maroubra Beach	Maroubra Beach	Maroubra Beach	Maroubra Beach	Maroubra 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 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
	Circuit Combo (Yoga now indoors) Power Yoga	Bosu Body Conditioning & Run for Endurance	Cardio Boxing	No Pain No Gain (plus indoor yoga option)	Bosu Body Conditioning & Sprints	Mega Session	
	Maroubra Beach	Maroubra Beach	Maroubra Beach	Coogee Beach	Maroubra 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??	NEWS / EVENTS
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 <i>A Warrior laughs in the face of the weather and shall be rewarded!</i> 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	MEET YOU AT MOLLY'S MCKEON STREET MAROUBRA 2035 Order your organic fruit and vege box on a Tuesday Tuesday and collect Friday arvo onwards. organics@mollys.com.au		Our friends Daryl and Carl have rebranded outside of the Chripsports umbrella now. Same great location, same great service. 234 Maroubra Road 02 9344 4233 CHIROPRACTIC HEALTH QUARTERS chirohq.com.au	OUR PARTNERS