



Understanding Your Timetable	Evolution outdoors runs 48 weeks per year. Activities change on a daily basis & include yoga, kayaking, boxing classes, core strength sessions, medicine ball beach workouts and cycling to name a few. Sessions are distinguished according to the workout you achieve and fall into one of 3 colour coded categories Red sessions focus on cardiovascular fitness (e.g. boxing circuits). Blue sessions focus on building strength (e.g. fitball core). Green sessions focus on flexibility and body mind awareness (e.g. pilates mat work). On any day there are 2 instructors at your session doing two different activities.		
Training Locations	Changing session locations helps to maintain variety. Most days are location specific but YOU MUST CHECK YOUR TIMETABLE to see where your group is training There are location videos on our website that show you exactly where to go and where to meet at each place http://www.evolutiontowellbeing.com.au/Home/Outdoor-Group-Fitness/Where-do-we-train		
Intensity & Fitness Level	Do not be concerned about your fitness level. The program is designed to cater for a range of different fitness and ability levels in such a way that your individual needs are met. That is also the rationale behind the trial week. It is the best way to determine whether it's appropriate for your needs.		
Assessments	You can attend assessments as part of the program or on an individual basis. Future progress assessments are held every 8 weeks.		
Wet weather	Sessions are held regardless of weather. On particularly wet days we move to a wet weather location you will receive a text message from your trainer within 30 minutes of the session.		
Weekly texts	Your evolutionary (instructor) will text you every Sunday to confirm what sessions you will be doing in the next week. This will set up a context and accountability for your sessions. You are not bound to attend		
Logging into internet site	When you attend our free week trial you will be given access to our members area. You will be emailed a username and password. This will give you access to timetables for your KLIK as well the registration, nutrition and goal setting section. All this log-in info can be personalised		
Flexible attendance Session credits	What makes evolution unique and ideal is that your attendance pattern is totally up to you. You are not bound to particular sessions or days in any week. We roll call each class and track your attendance. You have 4 weeks within which to complete your allotted number of prepaid sessions. For that reason you must use up all your prepaid sessions within the allotted 4 week period.		
Nutrition	If you want to achieve results then you need to remember that exercise and nutrition go hand in hand. You will be contacted by our ETW nutritionist during your trial week. The nutrition based component of our program is priced very affordably to give you as much opportunity as possible to incorporate it into your program.		
Session pricing 4 weekly Cost	Option 1 – Green	Option 2 – Blue	Option 3 – Red
	8 sessions in total - \$ 160 Cost per session \$ 20.00	12 sessions in total - \$ 200 Cost per session \$ 16.00	13 sess+11 bonus = 24 - \$220 Cost per session \$ 9.00
Additional sessions	\$ 20.00	\$ 20.00	\$ 10.00
Footwear	Improper or inadequate footwear is one of the main causes of injury during exercise. Essential characteristics of proper athletic shoes should include Support - this is essential to control foot movement, enhance stability and protect against ankle turns Cushioning - especially in the heel and mid-sole areas Performance - lightweight and partially porous to allow feet to Breathe Fit - make sure that the toe box should be roomy enough so that you can wiggle your toes.		
Water	We encourage you to bring bottled water to every session.		