

Week 1	Monday @ 6am	Tuesday @ 6am	Wednesday @ 6am	Thursday @ 6am	Friday @ 6am	Saturday @ 7am
	15 November 10	16 November 10	17 November 10	18 November 10	19 November 10	20 November 10
	Barbell Weights & Body Blast	Core, Cones and Hills	Power Punch	Yoga	Barbell Weights & Run for Endurance	
	Gregory Park	Norman Buchan Park	Bowman Park	Norman Buchan Park	Gregory Park	
	Barbell Weights: build and tone your muscles with outdoor weights training. & Body Blast: total body workout focusing on strength, cardio and core.	dynamic strengthening drills and core blast alternated with running and hills	Punch like a heavy weight to build power and endurance.	improve flexibility core and mind body connection	Barbell Weights: build and tone your muscles with outdoor weights training. & Run for Endurance : this session builds your running endurance with a continual run catering for all levels.	

Week 2	Monday @ 6am	Tuesday @ 6am	Wednesday @ 6am	Thursday @ 6am	Friday @ 6am	Saturday @ 7am
	22 November 10	23 November 10	24 November 10	25 November 10	26 November 10	27 November 10
	Assessment session	Sprints & Body Blast	Power Punch	Yoga	Resistance Tubes & Run for Endurance	
	Gregory Park	Norman Buchan Park	Bowman Park	Norman Buchan Park	Gregory Park	
	periodic testing to measure your overall progress.	Sprints: Short and sweet for an awesome metabolic boost. & Body Blast: total body workout focusing on strength, cardio and core.	Punch like a heavy weight to build power and endurance.	improve flexibility core and mind body connection	Resistance Tubes: the ultimate strength and conditioning tool. & Run for Endurance : this session builds your running endurance with a continual run catering for all levels.	

Week 3	Monday @ 6am	Tuesday @ 6am	Wednesday @ 6am	Thursday @ 6am	Friday @ 6am	Saturday @ 7am
	29 November 10	30 November 10	01 December 10	02 December 10	03 December 10	04 December 10
	Med Ball Mashup & Sprints	Core, Cones and Hills	Power Punch	Yoga	Run for Endurance & Med Ball Mashup	
	Gregory Park	Norman Buchan Park	Bowman Park	Norman Buchan Park	Gregory Park	
	Med Ball Mashup: strength work using medball for additional resistance. & Sprints: Short and sweet for an awesome metabolic boost.	dynamic strengthening drills and core blast alternated with running and hills	Punch like a heavy weight to build power and endurance.	improve flexibility core and mind body connection	Run for Endurance : this session builds your running endurance with a continual run catering for all levels. & Med Ball Mashup: strength work using medball for additional resistance.	

Week 4	Monday @ 6am	Tuesday @ 6am	Wednesday @ 6am	Thursday @ 6am	Friday @ 6am	Saturday @ 7am
	06 December 10	07 December 10	08 December 10	09 December 10	10 December 10	11 December 10
	No Pain No Gain & Agility Blast	Circuit Combo	Power Punch	Yoga	Agility Blast & Run for Endurance	
	Gregory Park	Norman Buchan Park	Bowman Park	Norman Buchan Park	Gregory Park	
	No Pain No Gain: a surprise circuit that could be bodyweight or equipment based. & Agility Blast: challenging and fun class using props to improve agility & co-ordination	total body circuit (can be equipment or non-equipment based)	Punch like a heavy weight to build power and endurance.	improve flexibility core and mind body connection	Agility Blast: challenging and fun class using props to improve agility & co-ordination & Run for Endurance : this session builds your running endurance with a continual run catering for all levels.	

Evolutionary Contact Details

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Colour coded training sessions

Red Cardio-vascular based fitness sessions of moderate to 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

if you want something you've never
done you will need to do something
you've never done'