

Week 1	Monday @ 6am	Tuesday @ 6am	Wednesday @ 6am	Thursday @ 6am	Friday @ 6am	Saturday @ 7am
	13 December 10	14 December 10	15 December 10	16 December 10	17 December 10	18 December 10
	Barbell Weights & Body Blast	Resistance Tubes & Sprints	Power Punch	Moving Circuit	Barbell Weights & Run for Endurance	
	Gregory Park Barbell Weights: build and tone your muscles with outdoor weights training. & Body Blast: total body workout focusing on strength, cardio and core.	Norman Buchan Park Resistance Tubes: the ultimate strength and conditioning tool. & Sprints: Short and sweet for an awesome metabolic boost.	Bowman Park Punch like a heavy weight to build power and endurance.	Norman Buchan Park moving through the park. Using nature for a combo cardio and strength session.	Gregory Park 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
	20 December 10	21 December 10	22 December 10	23 December 10	24 December 10	25 December 10
	No Pain No Gain	Core, Cones and Hills & Stretch it out	Power Punch	FINAL SESSION FOR 2010	Sleep in	MERRY CHRISTMAS
	Gregory Park a surprise circuit that could be bodyweight or equipment based.	Norman Buchan Park Core, Cones and Hills: dynamic strengthening drills and core blast alternated with running and hills & Stretch it out: stretch out those sore spots to maximise flexibility and to make the most of your other sessions	Bowman Park Punch like a heavy weight to build power and endurance.	Gregory Park	Gregory Park enjoy the sleep in team, we all deserve it	

Week 3	Monday @ 6am	Tuesday @ 6am	Wednesday @ 6am	Thursday @ 6am	Friday @ 6am	Saturday @ 7am
	27 December 10	28 December 10	29 December 10	30 December 10	31 December 10	01 January 11
	Sleep in	Sleep in	Sleep in	Sleep in	Sleep in	HAPPY NEW YEAR
	Gregory Park enjoy the sleep in team, we all deserve it	Norman Buchan Park enjoy the sleep in team, we all deserve it	Bowman Park enjoy the sleep in team, we all deserve it	The Lavalla Centre enjoy the sleep in team, we all deserve it	Gregory Park enjoy the sleep in team, we all deserve it	

Week 4	Monday @ 6am	Tuesday @ 6am	Wednesday @ 6am	Thursday @ 6am	Friday @ 6am	Saturday @ 7am
	03 January 11	04 January 11	05 January 11	06 January 11	07 January 11	08 January 11
	Sleep in	Sleep in	Sleep in	Sleep in	Sleep in	
	Gregory Park	Norman Buchan Park	Bowman Park	The Lavalla Centre enjoy the sleep in team, we all deserve it	Gregory Park enjoy the sleep in team, we all deserve it	

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

Those who don't find time for exercise,
will have to find time for illness'