



July			Rose Bay 6am evolutiontowellbeing.com Cameron Gerrie 0410 329 619 cam@etwgroup.com	Lyne Park Located off New South Head Road in Rose Bay. Closest cross street is Elanora. We meet in the park adjacent to Catalinas Restaurant.	Rushcutters Bay Park Located on the corner of New South Head Road & New Beach Road. We meet in the park approximately 50 metres North of the cafe	The Bay Room, 45 Bay St 45 Bay Street in Double Bay, on the corner where Knox Street and Guilfoyle Avenue meet.		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
	Power Up & Skipping	Hardcore Core & Sprints	Power Up & Run for Endurance	No Pain No Gain	Boxing	No Pain No Gain	
	Lyne Park	Rushcutters Bay Park	Lyne Park	Rushcutters Bay Park	Lyne Park	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
	Double Grip Med Balls & Agility Blast	Hardcore Core & Sprints	Challenge Yourself	No Pain No Gain (plus indoor yoga option)	Boxing	No Pain No Gain	
	Lyne Park	Rushcutters Bay Park	Lyne Park	Lyne Park	Lyne Park	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
	Power Up & No Pain No Gain	Hardcore Core & Sprints	Power Up & Run for Endurance	No Pain No Gain (plus indoor yoga option)	Boxing	No Pain No Gain	
	Lyne Park	Rushcutters Bay Park	Lyne Park	Rushcutters Park North	Lyne Park	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
	Medicine Ball Mayhem & No Pain No Gain	Hardcore Core & Sprints	Medicine Ball Mayhem & Run for Endurance	No Pain No Gain (plus indoor yoga option)	Boxing	Mega Session	
	Lyne Park	Rushcutters Bay Park	Lyne Park	Lyne Park	Lyne Park	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				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! @evolutiontowellbeing 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	NEWS / EVENTS
	Tuesday @ 6am Indoors	Thursday @ 6am Indoors	Thurs Long Runs @ 6am		
Wk 1	Yoga and Circuit	Yoga	Long Run		
Wk 2	St Lukes Church, Clovelly	45 Bay St, Double Bay	Rushcutters Park North		
Wk 3	Yoga and Circuit	Yoga	Long Run		
Wk 4	St Lukes Church, Clovelly	45 Bay St, Double Bay	Lyne Park, Rose Bay		
Wk 5	Yoga and Circuit	Yoga	Long Run		

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	Skipping 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				www.sevenwayshealthcentre.com.au At Sevenways we can get you back to your best performance at training. Deep relief from niggling muscle or skeletal pain. Sound advice and treatment. Boost energy reserves, destress and sleep well again	2 sessions of Acupuncture for price of 1 with Bartley Melocco \$10 off your 1st 1 hour treatment of sports/ remedial massage with Irene or Adam	OUR PARTNERS
	For all your shoes & apparel needs. Say hi to Alister & Gerald & tell them them Evo sent you!!	16, 24-30 Springfield Ave Potts Point (above Harris Farm Markets) 9380 7232	Shop 1, 92 Glenayr Avenue North Bondi 9365 4059			