


RUSHCUTTERS Evolution Outdoors 2011 - April	 www.evolutionstarts6am.com	Rob Meneses 0418 99 66 89 rob@etwgroup.com	RED SESSIONS Cardio vascular based training of moderate to high intensity	BLUE SESSIONS Total body strength, weight bearing & stabilisation exercises	GREEN SESSIONS Focus on mind-body connection; lower, upper and core body strength
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WEEK 1					
Monday @ 6am 4 April 2011	Tuesday @ 6am 5 April 2011	Wednesday @ 6am 6 April 2011	Thursday @ 6am 7 April 2011	Friday @ 6am 8 April 2011	Saturday @ 7am 9 April 2011
Med Ball Mashup & Run for Endurance	Rush Hour Sprints Stretch it out	Med Ball Mashup & Resistance Tubes	No Pain No Gain Run for Fun Yoga	Box with Power	Power Punch
Rushcutters Bay Park	Rushcutters Bay Park	Rushcutters Bay Park	Rushcutters Bay Park	Rushcutters Bay Park	Centennial Park
Med Ball Mashup: strength work using medball for additional resistance. & Run for Endurance: this session builds your running endurance with a continual run catering for all levels.	Rush Hour: bodyweight circuit class that will definitely get the heart rate up and those muscles aching & Stretch it out: stretch out those sore spots to maximise flexibility and to make the most of your other sessions	Med Ball Mashup: strength work using medball for additional resistance. & Resistance Tubes: the ultimate strength and conditioning tool.	No Pain No Gain: a surprise circuit that could be bodyweight or equipment based. & Yoga: improve flexibility core and mind body connection	Hi rep boxing drills to develop endurance and power.	Punch like a heavy weight to build power and endurance.

WEEK 2					
Monday @ 6am 11 April 2011	Tuesday @ 6am 12 April 2011	Wednesday @ 6am 13 April 2011	Thursday @ 6am 14 April 2011	Friday @ 6am 15 April 2011	Saturday @ 7am 16 April 2011
Kettlebells & Run for Endurance	Rush Hour Sprints Stretch it out	Challenge Yourself	No Pain No Gain Run for Fun Yoga	Box with Power	Body Blast
Rushcutters Bay Park	Rushcutters Bay Park	Rushcutters Bay Park	Lyne Park	Rushcutters Bay Park	Bronte Park
Kettlebells: use this traditional Russian weight to develop muscular strength and flexibility. & Run for Endurance: this session builds your running endurance with a continual run catering for all levels.	Rush Hour: bodyweight circuit class that will definitely get the heart rate up and those muscles aching & Stretch it out: stretch out those sore spots to maximise flexibility and to make the most of your other sessions	Set a benchmark for yourself in this session. Next time around you'll see how much you've improved	No Pain No Gain: a surprise circuit that could be bodyweight or equipment based. & Yoga: improve flexibility core and mind body connection	Hi rep boxing drills to develop endurance and power.	total body workout focusing on strength, cardio and core.

WEEK 3					
Monday @ 6am 18 April 2011	Tuesday @ 6am 19 April 2011	Wednesday @ 6am 20 April 2011	Thursday @ 6am 21 April 2011	Friday @ 7am 22 April 2011	Saturday @ 7am 23 April 2011
Double Grip Med Balls & Run for Endurance	Rush Hour Sprints Stretch it out	Double Grip Med Balls & Balanced Attack	No Pain No Gain Run for Fun Yoga	Public Holiday Session	No Pain No Gain
Rushcutters Bay Park	Rushcutters Bay Park	Rushcutters Bay Park	Rushcutters Bay Park	Queens Park	Centennial Park
Double Grip Med Balls: add two handles and it becomes a totally different (med) ball game & Run for Endurance: this session builds your running endurance with a continual run catering for all levels.	Rush Hour: bodyweight circuit class that will definitely get the heart rate up and those muscles aching & Stretch it out: stretch out those sore spots to maximise flexibility and to make the most of your other sessions	Double Grip Med Balls: add two handles and it becomes a totally different (med) ball game & Balanced Attack: improve your balance & co-ordination using simple drills	No Pain No Gain: a surprise circuit that could be bodyweight or equipment based. & Yoga: improve flexibility core and mind body connection	A surprise is as good as a holiday	a surprise circuit that could be bodyweight or equipment based.

WEEK 4					
Monday @ 7am 25 April 2011	Tuesday @ 7am 26 April 2011	Wednesday @ 6am 27 April 2011	Thursday @ 6am 28 April 2011	Friday @ 6am 29 April 2011	Saturday @ 8am 30 April 2011
Public Holiday Session	Public Holiday Session	Barbell Weights & Moving Circuit	No Pain No Gain Run for Fun Yoga	Box with Power	Mega Session
Bondi Beach	Bronte Park	Rushcutters Bay Park	Lyne Park	Rushcutters Bay Park	Callan Park, Balmain
A surprise is as good as a holiday	A surprise is as good as a holiday	Barbell Weights: build and tone your muscles with outdoor weights training. & Moving Circuit: moving through the park. Using nature for a combo cardio and strength session.	No Pain No Gain: a surprise circuit that could be bodyweight or equipment based. & Yoga: improve flexibility core and mind body connection	Hi rep boxing drills to develop endurance and power.	extended training session, bring a friend and introduce them to the Evolution way. Starting from 7am. Come along whenever suits and make a morning of it!!

SESSION OPTIONS	KLIK ALLIANCE PARTNER		LOCATION FINDER
Tuesday @ 6am	Thursday @ 6am	Please show your support for our Alliance Partners	Internet search for more location descriptions
Postural Pilates & Howey Circuit	No Pain No Gain & Stretch it Out	 Shop 16, 24-30 Springfield Avenue Potts Point 9380 7232	"Evolution where do we train"
Queens Park	Queens Park		<div>Centennial Park</div> <div>Lyne Park</div>
Postural Pilates: improve posture and core strength with outdoor pilates & Howey Circuit: challenge your body as only Howard can ...a once a week must!!	No Pain No Gain: a surprise circuit that could be bodyweight or equipment based. & Stretch it Out: stretch out those sore spots to maximise flexibility and to make the most of your other sessions		<div>Best entrances to use is the Paddington Gates entry. Meeting point is just off the road next to the main restaurant (on the left side if you are facing the kiosk). The closest cross street (in the Park) is Parkes Street.</div> <div>Located off New South Head Road in Rose Bay. Nearest cross streets are O'Sullivan Road and Kent Road. We meet in the park adjacent to Catalinas Restaurant.</div>

	Sunday 8th May 8km or 4km / Run or Walk Mothers' Day Classic For more than a decade, the Mother’s Day Classic fun run and walk has provided communities with a great way to celebrate Mother’s Day and raise funds for breast cancer research. See you on May 8th 2011! for more info contact - rob@etwgroup.com	Saturday & Sunday 21st & 22nd May Join in with the trainers & evolutionites Relay for Life It's not a race, teams of 10-15 people take turns to walk or run around the track. A huge part of Relay For Life is the atmosphere - it's a carnival and celebration, but also a heart-warming time to reflect & share experiences for more info contact - rob@etwgroup.com
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