


MAROUBRA Evolution Outdoors 2011 - April www.evolutionstarts6am.com	 evolution to wellbeing	Tom Powell 0424 093 133 tom@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
Double Grip Med Balls Run for Endurance Yoga	Postural Pilates & Howey Circuit	Box with Power	No Pain No Gain & Stretch it Out	Double Grip Med Balls & Sprints	Power Punch
Maroubra Beach	Queens Park	Maroubra Beach	Coogee Beach	Maroubra Beach	Centennial Park
Double Grip Med Balls: add two handles and it becomes a totally different (med) ball game & Yoga: improve flexibility core and mind body connection	Postural Pilates: improve posture and core strength with outdoor pilates & Howey Circuit: challenge your body as only Howard can ...a once a week must!!	Hi rep boxing drills to develop endurance and power.	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	Double Grip Med Balls: add two handles and it becomes a totally different (med) ball game & Sprints: Short and sweet for an awesome metabolic boost.	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
Barbell Weights Run for Endurance Yoga	Postural Pilates & Howey Circuit	Box with Power	No Pain No Gain & Stretch it Out	Barbell Weights & Moving Circuit	Body Blast
Maroubra Beach	Queens Park	Maroubra Beach	Coogee Beach	Maroubra Beach	Bronte Park
Barbell Weights: build and tone your muscles with outdoor weights training. & Yoga: improve flexibility core and mind body connection	Postural Pilates: improve posture and core strength with outdoor pilates & Howey Circuit: challenge your body as only Howard can ...a once a week must!!	Hi rep boxing drills to develop endurance and power.	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	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.	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
Med Ball Mashup Run for Endurance Yoga	Postural Pilates & Howey Circuit	Challenge Yourself	No Pain No Gain & Stretch it Out	Public Holiday Session	No Pain No Gain
Maroubra Beach	Queens Park	Maroubra Beach	Coogee Beach	Queens Park	Centennial Park
Med Ball Mashup: strength work using medball for additional resistance. & Yoga: improve flexibility core and mind body connection	Postural Pilates: improve posture and core strength with outdoor pilates & Howey Circuit: challenge your body as only Howard can ...a once a week must!!	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. & Stretch it Out: stretch out those sore spots to maximise flexibility and to make the most of your other sessions	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 @ 7am 30 April 2011
Public Holiday Session	Public Holiday Session	Box with Power	No Pain No Gain & Stretch it Out	Kettlebells & Sprints	Mega Session
Bondi Beach	Bronte Park	Maroubra Beach	Coogee Beach	Maroubra Beach	Callan Park, Balmain
A surprise is as good as a holiday	A surprise is as good as a holiday	Hi rep boxing drills to develop endurance and power.	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	Kettlebells: use this traditional Russian weight to develop muscular strength and flexibility. & Sprints: Short and sweet for an awesome metabolic boost.	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		KLICK ALLIANCE PARTNER	LOCATION FINDER
Thursday @ 6am	Thursday @ 6am	Please show your support for our Alliance Partners	Internet search for more location descriptions
Body Blast & Yoga	No Pain No Gain Run for Fun Yoga	 MOBILE MASSAGE THERAPEUTIC MASSAGE IN YOUR HOME EVOLUTIONITES GET \$25 OFF YOUR FIRST MASSAGE REMEDIAL • SPORTS • SWEDISH TRIGGER POINTS • RELAXATION DETOX • DEEP TISSUE 1HR \$95 • 1½ HR \$135 9AM TO 9PM • 7 DAYS CALL YANA: 0411 628 811 HEALTH FUND REBATES & GIFT VOUCHERS	"Evolution where do we train"
Bronte Park	Ask your Evolutionary		<div>Centennial Park</div> <div>Lyne Park</div>
Body Blast: total body workout focusing on strength, cardio and core. & Yoga: improve flexibility core and mind body connection	No Pain No Gain: a surprise circuit that could be bodyweight or equipment based. & Yoga: improve flexibility core and mind body connection		<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>

Bring a Friend Fridays Every Friday this timetable Prize for the person who brings the most friends To celebrate day light savings and the fact that Fridays are back on the Maroubra timetable, Fridays are now "Bring a Friend Fridays"! The perfect chance to bring someone along for a free session so they can experience first hand why.. Evolution starts @ 6am. for more info contact - tom@etwgroup.com	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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