



July		<b>Rushcutters North 7:15am</b> evolutiontowellbeing.com <b>Rob Meneses</b> 0418 99 66 89 rob@etwgroup.com	<b>Rushcutters Park North</b> Located on the corner of New South Head Road & New Beach Road. We meet in the park approximately 50 metres North of the cafe	<b>Lyne Park</b> Located off New South Head Road in Rose Bay. Closest cross street is Elanora. We meet in the park adjacent to Catalinas Restaurant.	<b>Centennial Park</b> Use the Paddington Gates entry. Meeting point is 100metres east of the restaurant/kiosk. Closest cross street is Hamilton Drive		2013

WEEK 1	Monday @ 7.15am <b>29 July 2013</b>	Tuesday <b>30 July 2013</b>	Wednesday @ 7.15am <b>31 July 2013</b>	Thursday <b>1 August 2013</b>	Friday @ 7.15am <b>2 August 2013</b>	Saturday @ 7am <b>3 August 2013</b>	WEEK 1
	Power Ropes & Sprints	REST DAY - NO SESSION	Moving Circuit	REST DAY - NO SESSION	Boxing	No Pain No Gain	
	Rushcutters Park North Attending this session? YES NO		Rushcutters Park North Attending this session? YES NO		Rushcutters Park North Attending this session? YES NO	Queens Park Attending this session? YES NO	

WEEK 2	Monday @ 7.15am <b>5 August 2013</b>	Tuesday <b>6 August 2013</b>	Wednesday @ 7.15am <b>7 August 2013</b>	Thursday <b>8 August 2013</b>	Friday @ 7.15am <b>9 August 2013</b>	Saturday @ 7am <b>10 August 2013</b>	WEEK 2
	Power Up & Sprints	REST DAY - NO SESSION	Challenge Yourself	REST DAY - NO SESSION	Boxing	No Pain No Gain	
	Rushcutters Park North Attending this session? YES NO		Rushcutters Park North Attending this session? YES NO		Rushcutters Park North Attending this session? YES NO	Centennial Park Attending this session? YES NO	

WEEK 3	Monday @ 7.15am <b>12 August 2013</b>	Tuesday <b>13 August 2013</b>	Wednesday @ 7.15am <b>14 August 2013</b>	Thursday @ 7am <b>15 August 2013</b>	Friday @ 7.15am <b>16 August 2013</b>	Saturday @ 7am <b>17 August 2013</b>	WEEK 3
	Kettlebells & Sprints	REST DAY - NO SESSION	Moving Circuit	REST DAY - NO SESSION	Boxing	No Pain No Gain	
	Rushcutters Park North Attending this session? YES NO		Rushcutters Park North Attending this session? YES NO		Rushcutters Park North Attending this session? YES NO	Lyne Park Attending this session? YES NO	

WEEK 4	Monday @ 7.15am <b>19 August 2013</b>	Tuesday <b>20 August 2013</b>	Wednesday @ 7.15am <b>21 August 2013</b>	Thursday <b>22 August 2013</b>	Friday @ 7.15am <b>23 August 2013</b>	Saturday @ 7am <b>24 August 2013</b>	WEEK 4
	Pumping Iron & Sprints	REST DAY - NO SESSION	Moving Circuit	REST DAY - NO SESSION	Boxing	Mega Session	
	Rushcutters Park North Attending this session? YES NO		Rushcutters Park North Attending this session? YES NO		Rushcutters Park North Attending this session? YES NO	Centennial Park 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 A Warrior laughs in the face of the weather and shall be rewarded! 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	<b>Agility Blast</b> improve agility, balance & co-ordination	<b>Mega Session</b> a double session (90 mins) of weights & cardio	<b>Resistance Tubes</b> total body conditioning with resistance tubes	SESSIONS
	<b>Challenge Yourself</b> Set a benchmark & next time around you can beat it	<b>Moving Circuit</b> keep on moving and use the park for a cardio blast	<b>Run for Endurance</b> work on your endurance with a 25 mins run	
	<b>Circuit Combo</b> total body workout with or without equipment	<b>No Pain No Gain</b> a surprise circuit, bodyweight or equipment based	<b>Shield Yourself</b> strength, stability and core work using kick shields	
	<b>Core, Cones and Hills</b> strengthening & core blast alternated with hills	<b>Pilates</b> improve posture and core strength	<b>Skipping</b> a great interval based cardio workout	
	<b>Double Grip Med Balls</b> add 2 handles and it's a whoope new (med) ball game	<b>Power Punch</b> punch like a heavy weight to build power & endurance	<b>Sprints</b> short and sweet for an awesome metabolic boost	
	<b>Kayaking</b> feed your soul on the Harbour with a morning paddle	<b>Power Ropes</b> build your strength endurance & cardio capacity	<b>Tone &amp; Balance</b> improve your core strength & stability	
	<b>Kettlebells</b> develop functional, whole body strength	<b>Power Up</b> use dumbbells to improve your dynamic strength	<b>Tough Enough</b> get down & dirty with a tough bodyweight session	
	<b>Medicine Ball Mayhem</b> using medball for added resistance	<b>Pumping Iron</b> using barbells & weights, improve your strength	<b>Yoga</b> improve flexibility core and mind body connection	

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