


<b>MAROUBRA</b> Evolution Outdoors 2011 - May 6am sessions	 evolution to wellbeing www.evolutionstarts6am.com	Tom Powell 0424 093 133 tom@etwgroup.com	<b>RED SESSIONS</b> Cardio vascular based training of moderate to high intensity	<b>BLUE SESSIONS</b> Total body strength, weight bearing & stabilisation exercises	<b>GREEN SESSIONS</b> Focus on mind-body connection; lower, upper and core body strength
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WEEK 1					
Monday @ 6am 2 May 2011	Tuesday @ 6am 3 May 2011	Wednesday @ 6am 4 May 2011	Thursday @ 6am 5 May 2011	Friday @ 6am 6 May 2011	Saturday @ 7am 7 May 2011
Double Grip Med Balls & Run for Endurance	Postural Pilates & Howey Circuit	Box with Power	No Pain No Gain & Stretch it Out	Double Grip Med Balls & Balanced Attack	Power Punch
Maroubra Beach	Bronte 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 & Run for Endurance: this session builds your running endurance with a continual run catering for all levels.	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 & Balanced Attack: improve your balance & co-ordination using simple drills	Punch like a heavy weight to build power and endurance.

WEEK 2					
Monday @ 6am 9 May 2011	Tuesday @ 6am 10 May 2011	Wednesday @ 6am 11 May 2011	Thursday @ 6am 12 May 2011	Friday @ 6am 13 May 2011	Saturday @ 7am 14 May 2011
Barbell Weights & Run for Endurance	Postural Pilates & Howey Circuit	Box with Power	No Pain No Gain & Stretch it Out	Barbell Weights & Sprints	Kayaking & Body Blast
Maroubra Beach	Bronte Park	Maroubra Beach	Queens Park	Maroubra Beach	Lyne 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.	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. & Sprints: Short and sweet for an awesome metabolic boost.	Kayaking: Get out on the water and feed your soul on Sydney Harbour. & Body Blast: total body workout focusing on strength, cardio and core.

WEEK 3					
Monday @ 6am 16 May 2011	Tuesday @ 6am 17 May 2011	Wednesday @ 6am 18 May 2011	Thursday @ 6am 19 May 2011	Friday @ 6am 20 May 2011	Saturday @ 7am 21 May 2011
Med Ball Mashup & Run for Endurance	Postural Pilates & Howey Circuit	Challenge Yourself	No Pain No Gain & Stretch it Out	Med Ball Mashup & Resistance Tubes	Kayaking & Body Blast
Maroubra Beach	Bronte Park	Maroubra Beach	Coogee Beach	Maroubra Beach	Balmoral Beach
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.	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	Med Ball Mashup: strength work using medball for additional resistance. & Resistance Tubes: the ultimate strength and conditioning tool.	Kayaking: Get out on the water and feed your soul on Sydney Harbour. & Body Blast: total body workout focusing on strength, cardio and core.

WEEK 4					
Monday @ 6am 23 May 2011	Tuesday @ 6am 24 May 2011	Wednesday @ 6am 25 May 2011	Thursday @ 6am 26 May 2011	Friday @ 6am 27 May 2011	Saturday @ 7am 28 May 2011
Kettlebells & Run for Endurance	Postural Pilates & Howey Circuit	Box with Power	No Pain No Gain & Stretch it Out	Kettlebells & Sprints	Mega Session
Maroubra Beach	Bronte Park	Maroubra Beach	Queens Park	Maroubra Beach	Maroubra Beach
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.	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	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		KLIK ALLIANCE PARTNER		LOCATION FINDER	
Thursday @ 6am	Thursday @ 6am	Show your support for our Alliance Partners		Internet search for more location descriptions	
Body Blast & Yoga	No Pain No Gain Run for Fun Yoga			"Evolution where do we train"	
Bronte Park	Glenmore Road School			Glenmore Road School	Lyne Park
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	Enjoy great coffee and a relaxed vibe post session or after a weekend walk along the beach.  202 Marine Pde, Maroubra Beach 2035		Located between Glenmore Road & Cambridge Street in Paddington. Entry is off Cambridge Street through the school gate. Parking is easiest on Cambridge Street.	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.

<b>Bring a Friend Fridays</b> <b>Every Friday this timetable</b> <b>Prize for the person who brings the most friends each 4 week block</b> Fridays are "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 - <a href="mailto:tom@etwgroup.com">tom@etwgroup.com</a>	<b>Sunday 8th May</b> <b>8km or 4km / Run or Walk</b>  <b>Mothers' Day Classic</b> 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 - <a href="mailto:rob@etwgroup.com">rob@etwgroup.com</a>	<b>Sunday 15th May</b> <b>21km Half-Marathon</b>  <b>The Sydney Morning Herald 21km</b> Take on the new one lap course. The 20th Sydney Morning Herald Half Marathon, presented by Colonial First State is celebrating the milestone with a new, single lap course that takes in Sydney's most spectacular scenery.  for more info contact - <a href="mailto:rob@etwgroup.com">rob@etwgroup.com</a>
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