



Boxing
Strength Training
Kayaking
Yoga
Pilates
Running
Flexibility
Dynamic Core



**Evolution to Wellbeing invites
You and a friend to take part in
2 Weeks FREE Unlimited*
Group Outdoor Fitness Training
with any of our groups (\$110 value)**

* conditions apply

REGISTER ONLINE TO GET STARTED
www.evolutionstarts6am.com/redeem

BALMORAL BONDI BRONTE COOGEE MAROUBRA NORTH SYDNEY QUEENS PARK ROSE BAY ROZELLE RUSHCUTTERS