


<b>MAROUBRA</b> Evolution Outdoors 2011 - Oct/Nov 6am sessions	 www.evolutionstartsatsat6am.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
---	---	--	---	---	---

WEEK 1					
Monday @ 6am 17 October 2011	Tuesday @ 6am 18 October 2011	Wednesday @ 6am 19 October 2011	Thursday @ 6am 20 October 2011	Friday @ 6am 21 October 2011	Saturday @ 7am 22 October 2011
Double Grip Med Balls Interval Based Running Power Yoga	Yoga & Howey Circuit	Box with Power	Yoga & No Pain No Gain	Double Grip Med Balls & Sprints	No Pain No Gain
Maroubra Beach	Bronte Park	Maroubra Beach	Coogee Beach	Maroubra Beach	Bronte Park
Double Grip Med Balls: add two handles and it becomes a totally different (med) ball game & Power Yoga: A flowing strong yoga practise that challenges flexibility, strength, balance and core strength	Yoga: improve flexibility core and mind body connection & Howey Circuit: challenge your body as only Howard can ...a once a week must!!	Hi rep boxing drills to develop cardio endurance and power.	Yoga: improve flexibility core and mind body connection & No Pain No Gain: a surprise circuit that could be bodyweight or equipment based.	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.	a surprise circuit that could be bodyweight or equipment based.

WEEK 2					
Monday @ 6am 24 October 2011	Tuesday @ 6am 25 October 2011	Wednesday @ 6am 26 October 2011	Thursday @ 6am 27 October 2011	Friday @ 6am 28 October 2011	Saturday @ 7am 29 October 2011
Barbell Weights Interval Based Running Power Yoga	Yoga & Howey Circuit	Box with Power	Yoga & No Pain No Gain	Circuit Combo & Sprints	Body Blast
Maroubra Beach	Bronte Park	Maroubra Beach	Coogee Beach	Maroubra Beach	Centennial Park
Barbell Weights: build and tone your muscles with outdoor weights training. & Power Yoga: A flowing strong yoga practise that challenges flexibility, strength, balance and core strength	Yoga: improve flexibility core and mind body connection & Howey Circuit: challenge your body as only Howard can ...a once a week must!!	Hi rep boxing drills to develop cardio endurance and power.	Yoga: improve flexibility core and mind body connection & No Pain No Gain: a surprise circuit that could be bodyweight or equipment based.	Circuit Combo: total body circuit (can be equipment or non-equipment based) & Sprints: Short and sweet for an awesome metabolic boost.	total body workout focusing on strength, cardio and core.

WEEK 3					
Monday @ 6am 31 October 2011	Tuesday @ 6am 1 November 2011	Wednesday @ 6am 2 November 2011	Thursday @ 6am 3 November 2011	Friday @ 6am 4 November 2011	Saturday @ 7am 5 November 2011
Med Ball Mashup Interval Based Running Power Yoga	Yoga & Howey Circuit	Box with Power	Yoga & No Pain No Gain	Challenge Yourself	Kayaking & Body Blast
Maroubra Beach	Bronte Park	Maroubra Beach	Coogee Beach	Maroubra Beach	Rose Bay Marina
Med Ball Mashup: strength work using medball for additional resistance. & Power Yoga: A flowing strong yoga practise that challenges flexibility, strength, balance and core strength	Yoga: improve flexibility core and mind body connection & Howey Circuit: challenge your body as only Howard can ...a once a week must!!	Hi rep boxing drills to develop cardio endurance and power.	Yoga: improve flexibility core and mind body connection & No Pain No Gain: a surprise circuit that could be bodyweight or equipment based.	Set a benchmark for yourself in this session. Next time around you'll see how much you've improved	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 7 November 2011	Tuesday @ 6am 8 November 2011	Wednesday @ 6am 9 November 2011	Thursday @ 6am 10 November 2011	Friday @ 6am 11 November 2011	Saturday @ 7am 12 November 2011
Dumbbell Demons Interval Based Running Power Yoga	Yoga & Howey Circuit	Box with Power	Yoga & No Pain No Gain	Circuit Combo & Sprints	Mega Session
Maroubra Beach	Bronte Park	Maroubra Beach	Coogee Beach	Maroubra Beach	Lyne Park
Dumbbell Demons: using dumbbells to balance out your body and strengthen and tone your muscles. & Power Yoga: A flowing strong yoga practise that challenges flexibility, strength, balance and core strength	Yoga: improve flexibility core and mind body connection & Howey Circuit: challenge your body as only Howard can ...a once a week must!!	Hi rep boxing drills to develop cardio endurance and power.	Yoga: improve flexibility core and mind body connection & No Pain No Gain: a surprise circuit that could be bodyweight or equipment based.	Circuit Combo: total body circuit (can be equipment or non-equipment based) & 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!!

THURSDAY RUN FOR FUN SESSIONS		KLIK ALLIANCE PARTNER		COMMUNITY EVENT	
Please show your support for our Alliance Partners					
WEEK 1 Thursday Rushcutters Bay Park	WEEK 2 Thursday Lyne Park, Rose Bay				
WEEK 3 Thursday Coogee Beach	WEEK 4 Thursday Lyne Park, Rose Bay	Order your organic fruit and veg box on a Tuesday and collect Fri arvo onwards. Large = \$50, Small = \$30. Email organics@mollys.com.au		<b>MAROUBRA FUN RUN &amp; OCTOBERFEST</b>  Sun 23rd Oct, 9.30am  No matter where you are from or how old or how fit you are, or whether you run, walk or wheel around the course, or prefer to skip the exercise entirely and just enjoy Oktoberfest - you and your family and friends will be warmly welcome.	

LOCATION FINDER		Saturday 3rd December		Saturday 10th December	
Internet search for more location descriptions		The most fun with your pants on!		End of year party	
"Evolution where do we train"		Mud Run		Evolution Xmas Party	
Coogee Beach	Centennial Park	The Mud Run is an obstacle jumping, mud crawling, hill climbing gallop around the world famous Sydney Equestrian Cross Country Course!		You've trained hard all year. So now it's time to relax, celebrate & cap off the year with a party	
Parking is available in the public car park at the end of Dolphin Street (North end of beach). Meeting place is in the park area immediately adjacent to the parking lot.	Best entrance is the Paddington Gates. Meeting point is just off the road next to the main restaurant (to the east of the restaurant). The closest cross street (in the Park) is Parkes Street.	for more info contact - rob@etwgroup.com		for more info contact - rob@etwgroup.com	