


RUSHY SOUTH Evolution Outdoors 2011 - Oct/Nov 6am sessions	 evolution to wellbeing www.evolutionstarts6am.com	Rob Meneses 0418 99 66 89 rob@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					
17 October 2011	Tuesday @ 6am 18 October 2011	Wednesday @ 6am 19 October 2011	Thursday @ 6am 20 October 2011	21 October 2011	Saturday @ 7am 22 October 2011
SESSION - COMING SOON	Box with Power	Med Ball Mashup & Resistance Tubes	Yoga & No Pain No Gain	SESSION - COMING SOON	No Pain No Gain
	Rushcutters Park South	Rushcutters Park South	Rushcutters Park North		Bronte Park
We know you're anxious to have an extra day available to you, but patience is a virtue. Give it a little time and you'll have it	Hi rep boxing drills to develop cardio endurance and power.	Med Ball Mashup: strength work using medball for additional resistance. & Resistance Tubes: the ultimate strength and conditioning tool.	Yoga: improve flexibility core and mind body connection & No Pain No Gain: a surprise circuit that could be bodyweight or equipment based.	We know you're anxious to have an extra day available to you, but patience is a virtue. Give it a little time and you'll have it	a surprise circuit that could be bodyweight or equipment based.

WEEK 2					
24 October 2011	Tuesday @ 6am 25 October 2011	Wednesday @ 6am 26 October 2011	Thursday @ 6am 27 October 2011	28 October 2011	Saturday @ 7am 29 October 2011
SESSION - COMING SOON	Box with Power	Dumbbell Demons & Sprints	Yoga & No Pain No Gain	SESSION - COMING SOON	Body Blast
	Rushcutters Park South	Rushcutters Park South	Lyne Park		Centennial Park
We know you're anxious to have an extra day available to you, but patience is a virtue. Give it a little time and you'll have it	Hi rep boxing drills to develop cardio endurance and power.	Dumbbell Demons: using dumbbells to balance out your body and strengthen and tone your muscles. & Sprints: Short and sweet for an awesome metabolic boost.	Yoga: improve flexibility core and mind body connection & No Pain No Gain: a surprise circuit that could be bodyweight or equipment based.	We know you're anxious to have an extra day available to you, but patience is a virtue. Give it a little time and you'll have it	total body workout focusing on strength, cardio and core.

WEEK 3					
31 October 2011	Tuesday @ 6am 1 November 2011	Wednesday @ 6am 2 November 2011	Thursday @ 6am 3 November 2011	4 November 2011	Saturday @ 7am 5 November 2011
SESSION - COMING SOON	Box with Power	Double Grip Med Balls & Balanced Attack	Yoga & No Pain No Gain	SESSION - COMING SOON	Kayaking & Body Blast
	Rushcutters Park South	Rushcutters Park South	Rushcutters Park North		Rose Bay Marina
We know you're anxious to have an extra day available to you, but patience is a virtue. Give it a little time and you'll have it	Hi rep boxing drills to develop cardio endurance and power.	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	Yoga: improve flexibility core and mind body connection & No Pain No Gain: a surprise circuit that could be bodyweight or equipment based.	We know you're anxious to have an extra day available to you, but patience is a virtue. Give it a little time and you'll have it	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	11 November 2011	Saturday @ 7am 12 November 2011
Fighting Fit & Sprints	Box with Power	Barbell Weights & Moving Circuit	Yoga & No Pain No Gain	SESSION - COMING SOON	Mega Session
Rushcutters Park North	Rushcutters Park South	Rushcutters Park South	Lyne Park		Lyne Park
Fighting Fit: using punch shields and MMA gloves you'll be working up a sweat and on your way to becoming a Cage fighting champion & Sprints: Short and sweet for an awesome metabolic boost.	Hi rep boxing drills to develop cardio endurance and power.	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.	Yoga: improve flexibility core and mind body connection & No Pain No Gain: a surprise circuit that could be bodyweight or equipment based.	We know you're anxious to have an extra day available to you, but patience is a virtue. Give it a little time and you'll have it	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	SESSION OPTIONS	Saturday 3rd December		Saturday 10th December	
Session @ roving location	Tuesday @ 6am	The most fun with your pants on!		End of year party	
Week 1 Rushcutters Bay Park	Yoga &	Mud Run The Mud Run is an obstacle jumping, mud crawling, hill climbing gallop around the world famous Sydney Equestrian Cross Country Course! for more info contact - rob@etwgroup.com		Evolution Xmas Party You've trained hard all year. So now it's time to relax, celebrate & cap off the year with a party for more info contact - rob@etwgroup.com	
Week 2 Lyne Park, Rose Bay	Howey Circuit				
Week 3 Coogee Beach	Bronte Park				
Week 4 Lyne Park, Rose Bay	Yoga: improve flexibility core and mind body connection & Howey Circuit: challenge your body as only Howard can ...a once a week must!!				

KLIK ALLIANCE PARTNER		KLIK ALLIANCE PARTNER		KLIK ALLIANCE PARTNER	
Please show your support for our Alliance Partners		Please show your support for our Alliance Partners		Please show your support for our Alliance Partners	

 adOra - HEALTHY LIVING - Health Food Store www.adorahhealthyliving.com Ph 9380 8820 5% discount on all items for Evolution clients Shop G05, 46a Macleay Street Potts Point Entry from Greenknowe Ave	 the running company. potts point For all your shoes & apparel needs. Say hi to Alister & Gerald & tell them Evo sent you!! Shop 16, 24-30 Springfield Avenue, Potts Point (above Harris Farm Markets)	 PURE WELLBEING MASSAGE & NATURAL THERAPIES Massage, Ayurvedic body treatments or relaxation services of the highest quality Upstairs @ 136a Queen Street, Woollahra - 9362 5886 www.purewellbeing.com.au
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