



# Evolution Maroubra

## The Year that was - 2011



# Once upon a time in Autumn 2011...

Remember when we used to train here?





# Taking on The Tough Bloke Challenge



Before

Defo keen for this again in 2012

After





# Cleansing – 10 Almonds anyone?

Pre cleanse binge at Jeff's



Day 5 – back on track!





# Maroubra Fun Run and Oktoberfest





# Saturday Socials on the Beach





# Stretching Questions?





# Where would we be without Wednesdays?





# Some amazing sunrises...





# Thanks for being part of an amazing year...



Have a great Xmas and NY  
with family and friends.  
Here's to many more sessions  
together in 2012!  
Thanks, Tom  
P.S. NSW 2035 is where it's at!