


JANUARY		Rushcutters North evolutionstarts6am.com Rob Meneses 0418 99 66 89 rob@etwgroup.com	Rushcutters Park North Located on the corner of New South Head Road & New Beach Road. We meet in the park approximately 50 metres North of the cafe	Lyne Park Located off New South Head Road in Rose Bay. Closest cross street is Elanora. We meet in the park adjacent to Catalinas Restaurant.	Centennial Park Use the Paddington Gates entry. Meeting point is 100metres east of the restaurant/kiosk. Closest cross street is Hamilton Drive	Plan your sessions ahead Attending this session? YES NO Set your session attendance goal for the coming weeks	2012

WEEK 1	Monday @ 6am 9 January 2012	Tuesday @ 6am 10 January 2012	Wednesday @ 6am 11 January 2012	Thursday @ 6am 12 January 2012	Friday @ 6am 13 January 2012	Saturday @ 7am 14 January 2012	WEEK 1
	Medicine Ball Mayhem & Run for Endurance	No Pain No Gain & Sprints	Medicine Ball Mayhem & Resistance Tubes	Yoga & No Pain No Gain	Cardio Boxing	No Pain No Gain	
	Rushcutters Park North	Rushcutters Park North	Rushcutters Park North	Rushcutters Park North	Rushcutters Park North	Bronte Park	
	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	

WEEK 2	Monday @ 6am 16 January 2012	Tuesday @ 6am 17 January 2012	Wednesday @ 6am 18 January 2012	Thursday @ 6am 19 January 2012	Friday @ 6am 20 January 2012	Saturday @ 7am 21 January 2012	WEEK 2
	Power Up & Run for Endurance	No Pain No Gain & Sprints	Challenge Yourself	Yoga & No Pain No Gain	Cardio Boxing	No Pain No Gain	
	Rushcutters Park North	Rushcutters Park North	Rushcutters Park North	Lyne Park	Rushcutters Park North	Centennial Park	
	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	

WEEK 3	Monday @ 6am 23 January 2012	Tuesday @ 6am 24 January 2012	Wednesday @ 6am 25 January 2012	Thursday @ 7am 26 January 2012	Friday @ 6am 27 January 2012	Saturday @ 7am 28 January 2012	WEEK 3
	Double Grip Med Balls & Run for Endurance	No Pain No Gain & Sprints	Double Grip Med Balls & Agility Blast	Public Holiday Session	Cardio Boxing	Kayaking & No Pain No Gain	
	Rushcutters Park North	Rushcutters Park North	Rushcutters Park North	Rushcutters Park North	Rushcutters Park North	Rose Bay Marina	
	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	

WEEK 4	Monday @ 6am 30 January 2012	Tuesday @ 6am 31 January 2012	Wednesday @ 6am 1 February 2012	Thursday @ 6am 2 February 2012	Friday @ 6am 3 February 2012	Saturday @ 7am 4 February 2012	WEEK 4
	Pumping Iron & Run for Endurance	No Pain No Gain & Sprints	Pumping Iron & Moving Circuit	Yoga & No Pain No Gain	Cardio Boxing	Mega Session	
	Rushcutters Park North	Rushcutters Park North	Rushcutters Park North	Lyne Park	Rushcutters Park North	Centennial Park	
	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	

OPTIONS	Thursday @ 6am Long Run session	Wednesday 1st February	Wednesday 1st February	EVENTS
	Week 1 Rushcutters Park North	FULL ON FEB With Xmas, New Years and Australia day in the bag, February is the time to re-focus and set some amazing goals. There are 25 sessions in February. How many are you going to attend? What's your session attendance goal for February? rob@etwgroup.com	FEB FAST Imagine what 29 days alcohol-free can do for your waistline, your wallet and your liver! febfast throws the challenge out to everyone to give your body a break this February – the shortest month of the year – so you can approach the New Year with a clear head and provide kids with a fresh start. febfast.com.au	
	Week 2 Lyne Park, Rose Bay			
	Week 3 Coogee Beach			
	Week 4 Lyne Park, Rose Bay			

SESSIONS	Agility Blast improve agility, balance & co-ordination	Medicine Ball Mayhem using medicine balls for added resistance	Pumping Iron using barbells & weights, improve your strength	SESSIONS
	Challenge Yourself set a benchmark & next time around, beat it!	Mega Session a double session (90 mins) of cardio & strength work	Resistance Tubes total body conditioning with resistance tubes	
	Circuit Combo total body workout with or without equipment	Moving Circuit keep on moving and use the park for a cardio blast	Run for Endurance work on your endurance with a 25 mins run	
	Core, Cones and Hills core blast alternated with sprints & hills	No Pain No Gain a surprise circuit, bodyweight or equipment based	Shield Yourself strength, stability and core work using punch shields	
	Double Grip Med Balls use Double Grip Medballs to work on strength	Pilates improve posture and core strength	Sprinting a great interval based cardio workout	
	Fighting Fit use gloves & punch shields to work your cardio	Power Punch high intensity boxing drills to get your heart racing	Sprints short and sweet for an awesome metabolic boost	
	Kayaking feed your soul on the Harbour with a morning paddle	Power Ropes Build your strength endurance & cardio capacity	Tone & Balance improve your core strength & stability	
	Kettlebells develop your body as a single functional unit	Power Up use dumbbells to improve your dynamic strength	Yoga improve flexibility core and mind body connection	

OUR PARTNERS



— HEALTHY LIVING —

Health Food Store
adorahealthyliving.com

Shop G05, 46a Macleay Street
Potts Point
(entry from Greenknowe Ave)
9380 8820

5% discount on all items
for Evolution clients



**For all your shoes &
apparel needs. Say hi to
Alister & Gerald & tell them
them Evo sent you!!**

16, 24-30 Springfield Ave
Potts Point
(above Harris Farm Markets)
9380 7232



**Massage, Ayurvedic body
treatments or relaxation
services of the highest
quality**

Upstairs, 136a Queen St
Woollahra
purewellbeing.com.au
9362 5886

OUR PARTNERS