


<b>JANUARY</b>		<b>Maroubra</b> evolutionstartsatsat6am.com <b>Tom Powell</b> 0424 093 133 tom@etwgroup.com	<b>Maroubra Beach</b> Park in the main beach carpark off Marine Parade and we meet next to the skate park in Arthur Bryne Reserve	<b>Coogee Beach</b> 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	<b>Centennial Park</b> Use the Paddington Gates entry. Meeting point is 100metres east of the restaurant/kiosk. Closest cross street is Hamilton Drive	Plan your sessions ahead <b>Attending this session?</b> <b>YES NO</b> Set your session attendance goal for the coming weeks	<b>2012</b>

<b>WEEK 1</b>	Monday @ 6am <b>9 January 2012</b>	Tuesday @ 6am <b>10 January 2012</b>	Wednesday @ 6am <b>11 January 2012</b>	Thursday @ 6am <b>12 January 2012</b>	Friday @ 6am <b>13 January 2012</b>	Saturday @ 7am <b>14 January 2012</b>	<b>WEEK 1</b>
	Double Grip Med Balls & Power Yoga	Yoga & No Pain No Gain	Cardio Boxing	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	
	Attending this session? <b>YES NO</b>	Attending this session? <b>YES NO</b>	Attending this session? <b>YES NO</b>	Attending this session? <b>YES NO</b>	Attending this session? <b>YES NO</b>	Attending this session? <b>YES NO</b>	

<b>WEEK 2</b>	Monday @ 6am <b>16 January 2012</b>	Tuesday @ 6am <b>17 January 2012</b>	Wednesday @ 6am <b>18 January 2012</b>	Thursday @ 6am <b>19 January 2012</b>	Friday @ 6am <b>20 January 2012</b>	Saturday @ 7am <b>21 January 2012</b>	<b>WEEK 2</b>
	Pumping Iron & Power Yoga	Yoga & No Pain No Gain	Cardio Boxing	Yoga & No Pain No Gain	Pumping Iron & Sprints	No Pain No Gain	
	Maroubra Beach	Bronte Park	Maroubra Beach	Coogee Beach	Maroubra Beach	Centennial Park	
	Attending this session? <b>YES NO</b>	Attending this session? <b>YES NO</b>	Attending this session? <b>YES NO</b>	Attending this session? <b>YES NO</b>	Attending this session? <b>YES NO</b>	Attending this session? <b>YES NO</b>	

<b>WEEK 3</b>	Monday @ 6am <b>23 January 2012</b>	Tuesday @ 6am <b>24 January 2012</b>	Wednesday @ 6am <b>25 January 2012</b>	Thursday @ 7am <b>26 January 2012</b>	Friday @ 6am <b>27 January 2012</b>	Saturday @ 7am <b>28 January 2012</b>	<b>WEEK 3</b>
	Medicine Ball Mayhem & Power Yoga	Yoga & No Pain No Gain	Cardio Boxing	Public Holiday Session	Challenge Yourself	Kayaking & No Pain No Gain	
	Maroubra Beach	Bronte Park	Maroubra Beach	Coogee Beach	Maroubra Beach	Rose Bay Marina	
	Attending this session? <b>YES NO</b>	Attending this session? <b>YES NO</b>	Attending this session? <b>YES NO</b>	Attending this session? <b>YES NO</b>	Attending this session? <b>YES NO</b>	Attending this session? <b>YES NO</b>	

<b>WEEK 4</b>	Monday @ 6am <b>30 January 2012</b>	Tuesday @ 6am <b>31 January 2012</b>	Wednesday @ 6am <b>1 February 2012</b>	Thursday @ 6am <b>2 February 2012</b>	Friday @ 6am <b>3 February 2012</b>	Saturday @ 7am <b>4 February 2012</b>	<b>WEEK 4</b>
	Power Up & Power Yoga	Yoga & No Pain No Gain	Cardio Boxing	Yoga & No Pain No Gain	Power Up & Sprints	Mega Session	
	Maroubra Beach	Bronte Park	Maroubra Beach	Coogee Beach	Maroubra Beach	Centennial Park	
	Attending this session? <b>YES NO</b>	Attending this session? <b>YES NO</b>	Attending this session? <b>YES NO</b>	Attending this session? <b>YES NO</b>	Attending this session? <b>YES NO</b>	Attending this session? <b>YES NO</b>	

OPTIONS	Thursday @ 6am Long Run session	Tuesday @ 6am WEEKLY OPTION	Wednesday 1st February FULL ON FEB	Wednesday 1st February FEB FAST	EVENTS
	Week 1 Rushcutters Park North	Moving Circuit & No Pain No Gain	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?	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.	
	Week 2 Lyne Park, Rose Bay	Queens Park			
	Week 3 Coogee Beach	Attending this session? YES NO			
	Week 4 Lyne Park, Rose Bay				
			rob@etwgroup.com	febfast.com.au	

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

<b>OUR PARTNERS</b>					<b>OUR PARTNERS</b>
	Enjoy great coffee and a relaxed vibe post-evo session, or after a weekend weekend walk along the	202 Marine Parade Maroubra	Order your organic fruit and veg box on a Tuesday Tuesday and collect Friday arvo onwards. organics@mollys.com.au		