




July		Bondi 7:15am evolutiontowellbeing.com Aaron Laurence 0414 892 356 aaron@etwgroup.com	Bondi Beach Meet at the south end of the Bondi Pavilion. This is the left side of the pavilion if you are facing the building with the ocean at your back near the sculpture of the life saver.	Bronte Park We meet at the southern end of the park adjacent to the beach. Our meeting spot is next to the little green garage that houses the children's train.	Centennial Park Use the Paddington Gates entry. Meeting point is 100metres east of the restaurant/kiosk. Closest cross street is Hamilton Drive		2013

WEEK 1	Monday @ 7.15am 1 July 2013	Tuesday 2 July 2013	Wednesday @ 7.15am 3 July 2013	Thursday 4 July 2013	Friday @ 7.15am 5 July 2013	Saturday @ 7am 6 July 2013	WEEK 1
	Pumping Iron & Sprints	REST DAY - NO SESSION	Boxing	REST DAY - NO SESSION	Pumping Iron & Run for Endurance	No Pain No Gain	
	Bondi Beach		Bondi Beach		Bondi Beach	Queens Park	
	Attending this session? YES NO		Attending this session? YES NO		Attending this session? YES NO	Attending this session? YES NO	

WEEK 2	Monday @ 7.15am 8 July 2013	Tuesday 9 July 2013	Wednesday @ 7.15am 10 July 2013	Thursday 11 July 2013	Friday @ 7.15am 12 July 2013	Saturday @ 7am 13 July 2013	WEEK 2
	Medicine Ball Mayhem & Sprints	REST DAY - NO SESSION	Boxing	REST DAY - NO SESSION	Medicine Ball Mayhem & Run for Endurance	No Pain No Gain	
	Bondi Beach		Bondi Beach		Bondi Beach	Bondi Beach	
	Attending this session? YES NO		Attending this session? YES NO		Attending this session? YES NO	Attending this session? YES NO	

WEEK 3	Monday @ 7.15am 15 July 2013	Tuesday 16 July 2013	Wednesday @ 7.15am 17 July 2013	Thursday 18 July 2013	Friday @ 7.15am 19 July 2013	Saturday @ 7am 20 July 2013	WEEK 3
	Power Up & Sprints	REST DAY - NO SESSION	Boxing	REST DAY - NO SESSION	Power Up & Run for Endurance	No Pain No Gain	
	Bondi Beach		Bondi Beach		Bondi Beach	Bronte Park	
	Attending this session? YES NO		Attending this session? YES NO		Attending this session? YES NO	Attending this session? YES NO	

WEEK 4	Monday @ 7.15am 22 July 2013	Tuesday 23 July 2013	Wednesday @ 7.15am 24 July 2013	Thursday 25 July 2013	Friday @ 7.15am 26 July 2013	Saturday @ 7am 27 July 2013	WEEK 4
	Kettlebells & Sprints	REST DAY - NO SESSION	Boxing	REST DAY - NO SESSION	Kettlebells & Run for Endurance	Mega Session	
	Centennial Park		Bondi Beach		Bondi Beach	Centennial Park	
	Attending this session? YES NO		Attending this session? YES NO		Attending this session? YES NO	Attending this session? YES NO	

OPTIONS		Are you a Winter Warrior????		
		1. Make your Warrior Commitment You commit to 12 weeks training Rain or Shine! June 3-Aug 24 and tell the world you're a Warrior! @evolutiontowellbeing		
		2. Get the t-shirt and wear your warrior with pride Pre-order available 3rd June		
		3. Be rewarded for your valour & bring your friends <i>A Warrior laughs in the face of the weather and shall be rewarded!</i>		
		4. Show us on Facebook and Instagram <i>Post photographic evidence of your Warrior Wellness activities #winterwarrior @evo2wellbeing</i>		

SESSIONS	Agility Blast improve agility, balance & co-ordination	Mega Session a double session (90 mins) of weights & cardio	Resistance Tubes total body conditioning with resistance tubes	SESSIONS
	Challenge Yourself Set a benchmark & next time around you can beat it	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	
	Circuit Combo total body workout with or without equipment	No Pain No Gain a surprise circuit, bodyweight or equipment based	Shield Yourself strength, stability and core work using kick shields	
	Core, Cones and Hills strengthening & core blast alternated with hills	Pilates improve posture and core strength	Sprinting a great interval based cardio workout	
	Double Grip Med Balls add 2 handles and it's a whoope new (med) ball game	Power Punch punch like a heavy weight to build power & endurance	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 functional, whole body strength	Power Up use dumbbells to improve your dynamic strength	Tough Enough get down & dirty with a tough bodyweight session	
	Medicine Ball Mayhem using medball for added resistance	Pumping Iron using barbells & weights, improve your strength	Yoga improve flexibility core and mind body connection	

OUR PARTNERS	<p>The mind & body are inextricably linked: the body speaks the mind.</p> <p>Do you suffer from a physical or emotional condition such as back pain, anxiety, phobias, fear of public speaking, low self-esteem or feelings of I'm not good enough and I'm a failure.</p> <p>If you suffer from an emotional or physical condition, then there is a reason why your body has felt the need to create it.</p> <p>Discover, resolve and heal the hidden causes of your life stresses and physical health.</p> <p>If you would like to find out more contact Debbie on 0402 010 799 or debbie@debbiespellman.com</p>	 <p>Shop 1, 92 Glenayr Avenue North Bondi 9365 4059</p>	<p>www.sevenwayshealthcentre.com.au</p> <p>At Sevenways we can get you back to your best performance at training. Deep relief from niggling muscle or skeletal pain. Sound advice and treatment. Boost energy reserves, destress and sleep well again</p>	<p>2 sessions of Acupuncture for price of 1 with Bartley Melocco</p> <p>\$10 off your 1st</p> <p>1 hour treatment of sports/remedial massage with Irene or Adam</p>	OUR PARTNERS
	 <p>debbiespellman.com www.debbiespellman.com</p>				