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|------|--|---|---|--|--|--|------|
| July |  | <b>Coogee 7:15am</b><br>evolutiontowellbeing.com<br><b>Jayne McPherson</b><br>0406 61 00 74<br>jayne@etwgroup.com | <b>Coogee Beach</b><br>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>Queens Park</b><br>East end of queens park, park on Darley Road just off Carrington, near the cricket pavillion. Walk down the steps to meet outside the pavillion. | <b>St Nicolas' Church, Coogee</b><br>123 Brook Street, Coogee. Entrance to hall is on Carr St. Nearest corner street is Carr St. |  | 2013 |
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|--------|---|--|---|----------------------------------|--|--|--------|
| WEEK 1 | Monday @ 7.15am<br><b>29 July 2013</b>      | Tuesday @ 7:15am<br><b>30 July 2013</b>                            | Wednesday @ 7.15am<br><b>31 July 2013</b> | Thursday<br><b>1 August 2013</b> | Friday @ 7.15am<br><b>2 August 2013</b>  | Saturday @ 7am<br><b>3 August 2013</b>   | WEEK 1 |
|        | Power Up &<br><b>Interval Based Running</b> | <b>No Pain No Gain with Dan</b> and / or<br><b>Yoga with Bruce</b> | Power Up &<br><b>No Pain No Gain</b>      | REST DAY - NO SESSION            | <b>Boxing</b>                            | <b>No Pain No Gain</b>                   |        |
|        | <b>Coogee Beach</b>                         | <b>Coogee Beach</b>  | <b>Coogee Beach</b>                       |                                  | <b>Coogee Beach</b>                      | <b>Queens Park</b>                       |        |
|        | Attending this session?<br><b>YES NO</b>    | Attending this session?<br><b>YES NO</b>                           | Attending this session?<br><b>YES NO</b>  |                                  | Attending this session?<br><b>YES NO</b> | Attending this session?<br><b>YES NO</b> |        |

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| WEEK 2 | Monday @ 7.15am<br><b>5 August 2013</b>         | Tuesday @ 7:15am<br><b>6 August 2013</b>                           | Wednesday @ 7.15am<br><b>7 August 2013</b> | Thursday<br><b>8 August 2013</b> | Friday @ 7.15am<br><b>9 August 2013</b>  | Saturday @ 7am<br><b>10 August 2013</b>  | WEEK 2 |
|        | Kettle Bells &<br><b>Interval Based Running</b> | <b>No Pain No Gain with Dan</b> and / or<br><b>Yoga with Bruce</b> | Kettlebells &<br><b>No Pain No Gain</b>    | REST DAY - NO SESSION            | <b>Boxing</b>                            | <b>No Pain No Gain</b>                   |        |
|        | <b>Coogee Beach</b>                             | <b>Coogee Beach</b>  | <b>Coogee Beach</b>                        |                                  | <b>Coogee Beach</b>                      | <b>Centennial Park</b>                   |        |
|        | Attending this session?<br><b>YES NO</b>        | Attending this session?<br><b>YES NO</b>                           | Attending this session?<br><b>YES NO</b>   |                                  | Attending this session?<br><b>YES NO</b> | Attending this session?<br><b>YES NO</b> |        |

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| WEEK 3 | Monday @ 7.15am<br><b>12 August 2013</b>                  | Tuesday @ 7:15am<br><b>13 August 2013</b>                          | Wednesday @ 7.15am<br><b>14 August 2013</b>        | Thursday<br><b>15 August 2013</b> | Friday @ 7.15am<br><b>16 August 2013</b> | Saturday @ 7am<br><b>17 August 2013</b>  | WEEK 3 |
|        | Bosu Body Conditioning &<br><b>Interval Based Running</b> | <b>No Pain No Gain with Dan</b> and / or<br><b>Yoga with Bruce</b> | Bosu Body Conditioning &<br><b>No Pain No Gain</b> | REST DAY - NO SESSION             | <b>Boxing</b>                            | <b>No Pain No Gain</b>                   |        |
|        | <b>Coogee Beach</b>                                       | <b>Coogee Beach</b>  | <b>Coogee Beach</b>                                |                                   | <b>Coogee Beach</b>                      | <b>Lyne Park</b>                         |        |
|        | Attending this session?<br><b>YES NO</b>                  | Attending this session?<br><b>YES NO</b>                           | Attending this session?<br><b>YES NO</b>           |                                   | Attending this session?<br><b>YES NO</b> | Attending this session?<br><b>YES NO</b> |        |

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| WEEK 4 | Monday @ 7.15am<br><b>19 August 2013</b>                | Tuesday @ 7:15am<br><b>20 August 2013</b>                          | Wednesday @ 7.15am<br><b>21 August 2013</b> | Thursday<br><b>22 August 2013</b> | Friday @ 7.15am<br><b>23 August 2013</b> | Saturday @ 7am<br><b>24 August 2013</b>  | WEEK 4 |
|        | Medicine Ball Mayhem &<br><b>Interval Based Running</b> | <b>No Pain No Gain with Dan</b> and / or<br><b>Yoga with Bruce</b> | <b>Challenge Yourself</b>                   | REST DAY - NO SESSION             | <b>Boxing</b>                            | <b>Mega Session</b>                      |        |
|        | <b>Coogee Beach</b>                                     | <b>Coogee Beach</b>  | <b>Coogee Beach</b>                         |                                   | <b>Coogee Beach</b>                      | <b>Centennial Park</b>                   |        |
|        | Attending this session?<br><b>YES NO</b>                | Attending this session?<br><b>YES NO</b>                           | Attending this session?<br><b>YES NO</b>    |                                   | Attending this session?<br><b>YES NO</b> | Attending this session?<br><b>YES NO</b> |        |

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|---------|--|---|---|---------------|
| OPTIONS | Tuesday @ 7:15am<br>Indoors<br><b>Yoga</b><br>St Nicolas' Church, Coogee | <b>Are you a Winter Warrior????</b><br><b>1. Make your Warrior Commitment</b><br>You commit to 12 weeks training Rain or Shine! June 3-Aug 24 and tell the world you're a Warrior!<br>@evolutiontowellbeing<br><b>2. Get the t-shirt and wear your warrior with pride</b><br>Pre-order available 3rd June<br><b>3. Be rewarded for your valour &amp; bring your friends</b><br><i>A Warrior laughs in the face of the weather and shall be rewarded!</i><br><b>4. Show us on Facebook and Instagram</b><br>Post photographic evidence of your Warrior Wellness activities #winterwarrior @evo2wellbeing |  | NEWS / EVENTS |
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| SESSIONS | <b>Agility Blast</b><br>improve agility, balance & co-ordination                   | <b>Mega Session</b><br>a double session (90 mins) of weights & cardio       | <b>Resistance Tubes</b><br>total body conditioning with resistance tubes       | SESSIONS |
|          | <b>Challenge Yourself</b><br>Set a benchmark & next time around you can beat it    | <b>Moving Circuit</b><br>keep on moving and use the park for a cardio blast | <b>Run for Endurance</b><br>work on your endurance with a 25 mins run          |          |
|          | <b>Circuit Combo</b><br>total body workout with or without equipment               | <b>No Pain No Gain</b><br>a surprise circuit, bodyweight or equipment based | <b>Shield Yourself</b><br>strength, stability and core work using kick shields |          |
|          | <b>Core, Cones and Hills</b><br>strengthening & core blast alternated with hills   | <b>Pilates</b><br>improve posture and core strength                         | <b>Skiing</b><br>a great interval based cardio workout                         |          |
|          | <b>Double Grip Med Balls</b><br>add 2 handles and it's a whope new (med) ball game | <b>Power Punch</b><br>punch like a heavy weight to build power & endurance  | <b>Sprints</b><br>short and sweet for an awesome metabolic boost               |          |
|          | <b>Kayaking</b><br>feed your soul on the Harbour with a morning paddle             | <b>Power Ropes</b><br>build your strength endurance & cardio capacity       | <b>Tone &amp; Balance</b><br>improve your core strength & stability            |          |
|          | <b>Kettlebells</b><br>develop functional, whole body strength                      | <b>Power Up</b><br>use dumbbells to improve your dynamic strength           | <b>Tough Enough</b><br>get down & dirty with a tough bodyweight session        |          |
|          | <b>Medicine Ball Mayhem</b><br>using medball for added resistance                  | <b>Pumping Iron</b><br>using barbells & weights, improve your strength      | <b>Yoga</b><br>improve flexibility core and mind body connection               |          |

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