




July		Bronte 9am evolutiontowellbeing.com Matt Buckland 0403 182 821 matt@etwgroup.com	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 @ 9am 29 July 2013	Tuesday 30 July 2013	Wednesday @ 9am 31 July 2013	Thursday 1 August 2013	Friday @ 6am 2 August 2013	Saturday @ 7am 3 August 2013	WEEK 1
	Boxing &/or 30 Minute Run	REST DAY - NO SESSION	Double Grip Med Balls & Sprints	REST DAY - NO SESSION	Double Grip Med Balls & Agility Blast	No Pain No Gain	
	Bronte Park		Bronte Park		Bronte Park	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 @ 9am 5 August 2013	Tuesday 6 August 2013	Wednesday @ 9am 7 August 2013	Thursday 8 August 2013	Friday @ 9am 9 August 2013	Saturday @ 7am 10 August 2013	WEEK 2
	Boxing &/or 30 Minute Run	REST DAY - NO SESSION	Pumping Iron & Sprints	REST DAY - NO SESSION	Pumping Iron & Moving Circuit	No Pain No Gain	
			Bronte Park		Bronte Park	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 @ 9am 12 August 2013	Tuesday 13 August 2013	Wednesday @ 9am 14 August 2013	Thursday 15 August 2013	Friday @ 9am 16 August 2013	Saturday @ 7am 17 August 2013	WEEK 3
	Boxing &/or 30 Minute Run	REST DAY - NO SESSION	Medicine Ball Mayhem & Sprints	REST DAY - NO SESSION	Medicine Ball Mayhem & Moving Circuit	No Pain No Gain	
	Bronte Park		Bronte Park		Bronte Park	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 @ 9am 19 August 2013	Tuesday 20 August 2013	Wednesday @ 9am 21 August 2013	Thursday 22 August 2013	Friday @ 9am 23 August 2013	Saturday @ 7am 24 August 2013	WEEK 4
	Boxing &/or 30 Minute Run	REST DAY - NO SESSION	Power Up & Sprints	REST DAY - NO SESSION	Power Up & Moving Circuit	Mega Session	
	Bronte Park		Bronte Park		Bronte Park	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

The mind & body are inextricably linked: the body speaks the mind.

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.

If you suffer from an emotional or physical condition, then there is a reason why your body has felt the need to create it.

Discover, resolve and heal the hidden causes of your life stresses and physical health.

If you would like to find out more contact Debbie on 0402 010 799 or debbie@debbiespellman.com



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www.debbiespellman.com

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