



<b>July</b>	 <b>Balmoral 7:15am</b> evolutiontowellbeing.com <b>Rod Cotty</b> 0405 27 25 32 rod@etwgroup.com	<b>Balmoral Beach</b> We meet on the Southern end of the Balmoral Oval in front of the Scout Hall. Drive as far as possible into the big parking lot and we are on the right-hand side	<b>St Joseph's Church Hall</b> Corner of Lindsay St and Bydown St.	<b>St Leonards Park</b> Near the corner of Ridge & Walker Street we meet on the basketball courts, close to the bowling club.		<b>2013</b>
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<b>WEEK 1</b>	Monday @ 7.15am <b>29 July 2013</b> Boxing	Tuesday <b>30 July 2013</b> REST DAY - NO SESSION	Wednesday @ 7.15am <b>31 July 2013</b> Challenge Yourself	Thursday <b>1 August 2013</b> REST DAY - NO SESSION	Friday @ 7.15am <b>2 August 2013</b> Medicine Ball Mayhem & Sprints	Saturday @ 7am <b>3 August 2013</b> No Pain No Gain	<b>WEEK 1</b>
	Balmoral Beach Attending this session? YES NO		Balmoral Beach Attending this session? YES NO		Balmoral Beach Attending this session? YES NO	Queens Park Attending this session? YES NO	

<b>WEEK 2</b>	Monday @ 7.15am <b>5 August 2013</b> Boxing	Tuesday <b>6 August 2013</b> REST DAY - NO SESSION	Wednesday @ 7.15am <b>7 August 2013</b> Power Bags & No Pain No Gain	Thursday <b>8 August 2013</b> REST DAY - NO SESSION	Friday @ 7.15am <b>9 August 2013</b> Power Bags & Sprints	Saturday @ 7am <b>10 August 2013</b> No Pain No gain	<b>WEEK 2</b>
	Balmoral Beach Attending this session? YES NO		Balmoral Beach Attending this session? YES NO		Balmoral Beach Attending this session? YES NO	St Leonards Park Attending this session? YES NO	

<b>WEEK 3</b>	Monday @ 7.15am <b>12 August 2013</b> Boxing	Tuesday <b>13 August 2013</b> REST DAY - NO SESSION	Wednesday @ 7.15am <b>14 August 2013</b> Kettlebells & Skipping	Thursday <b>15 August 2013</b> REST DAY - NO SESSION	Friday @ 7.15am <b>16 August 2013</b> Kettlebells & Sprints	Saturday @ 7am <b>17 August 2013</b> No Pain No Gain	<b>WEEK 3</b>
	Balmoral Beach Attending this session? YES NO		Balmoral Beach Attending this session? YES NO		Balmoral Beach Attending this session? YES NO	Lyne Park Attending this session? YES NO	

<b>WEEK 4</b>	Monday @ 7.15am <b>19 August 2013</b> Boxing	Tuesday <b>20 August 2013</b> REST DAY - NO SESSION	Wednesday @ 7.15am <b>21 August 2013</b> Pumping Iron & Body Blast	Thursday <b>22 August 2013</b> REST DAY - NO SESSION	Friday @ 7.15am <b>23 August 2013</b> Pumping Iron & Sprints	Saturday @ 7am <b>24 August 2013</b> Mega Session	<b>WEEK 4</b>
	Balmoral Beach Attending this session? YES NO		Balmoral Beach Attending this session? YES NO		Balmoral Beach Attending this session? YES NO	Centennial Park Attending this session? YES NO	

#### OTHER OPTIONS


	Tuesday @ 6am Indoors	Thursday @ 6am Indoors	Thurs Long Runs @ 6am
Wk 1	Pilates	Yoga	Long Run
Wk 2	St Joseph's Neutral Bay	St Joseph's Neutral Bay	St Leonards Park
Wk 3	Pilates	Yoga	Long Run
Wk 4	St Joseph's Neutral Bay	St Joseph's Neutral Bay	Waverton Park
Wk 5	Pilates	Yoga	Long Run
Wk 6	St Joseph's Neutral Bay	St Joseph's Neutral Bay	Balmoral Beach
Wk 7	Pilates	Yoga	Long Run
Wk 8	St Joseph's Neutral Bay	St Joseph's Neutral Bay	Bradfield Park, Kirribilli

#### 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**  
*A Warrior laughs in the face of the weather and shall be rewarded!*
- 4. Show us on Facebook and Instagram**  
Post photographic evidence of your Warrior Wellness activities  
#winterwarrior @evo2wellbeing

#### NEWS / EVENTS

<b>SESSIONS</b>	<b>Agility Blast</b> improve agility, balance & co-ordination <b>Challenge Yourself</b> Set a benchmark & next time around you can beat it <b>Circuit Combo</b> total body workout with or without equipment <b>Core, Cones and Hills</b> strengthening & core blast alternated with hills <b>Double Grip Med Balls</b> add 2 handles and it's a whoope new (med) ball game <b>Kayaking</b> feed your soul on the Harbour with a morning paddle <b>Kettlebells</b> develop functional, whole body strength <b>Medicine Ball Mayhem</b> using medball for added resistance	<b>Mega Session</b> a double session (90 mins) of weights & cardio <b>Moving Circuit</b> keep on moving and use the park for a cardio blast <b>No Pain No Gain</b> a surprise circuit, bodyweight or equipment based <b>Pilates</b> improve posture and core strength <b>Power Punch</b> punch like a heavy weight to build power & endurance <b>Power Ropes</b> build your strength endurance & cardio capacity <b>Power Up</b> use dumbbells to improve your dynamic strength <b>Pumping Iron</b> using barbells & weights, improve your strength	<b>Resistance Tubes</b> total body conditioning with resistance tubes <b>Run for Endurance</b> work on your endurance with a 25 mins run <b>Shield Yourself</b> strength, stability and core work using kick shields <b>Skipping</b> a great interval based cardio workout <b>Sprints</b> short and sweet for an awesome metabolic boost <b>Tone &amp; Balance</b> improve your core strength & stability <b>Tough Enough</b> get down & dirty with a tough bodyweight session <b>Yoga</b> improve flexibility core and mind body connection	<b>SESSIONS</b>
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<b>OUR PARTNERS</b>	 563 Military Road Mosman 9960 7986		<b>OUR PARTNERS</b>
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