



July	 Balmoral 9:15am evolutiontowellbeing.com Rod Cotty 0405 27 25 32 rod@etwgroup.com	Balmoral Beach 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	St Joseph's Church Hall Corner of Lindsay St & Bydown St.	St Leonards Park Near the corner of Ridge & Walker Street we meet on the basketball courts, close to the bowling club.		2013
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WEEK 1	Monday @ 9.15am 29 July 2013 Boxing	Tuesday 30 July 2013 REST DAY - NO SESSION	Wednesday @ 9.15am 31 July 2013 Challenge Yourself	Thursday 1 August 2013 REST DAY - NO SESSION	Friday @ 9.15am 2 August 2013 Pilates	Saturday @ 7am 3 August 2013 No Pain No Gain	WEEK 1
	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	

WEEK 2	Monday @ 9.15am 5 August 2013 Boxing	Tuesday 6 August 2013 REST DAY - NO SESSION	Wednesday @ 9.15am 7 August 2013 Power Bags & No Pain No Gain	Thursday 8 August 2013 REST DAY - NO SESSION	Friday @ 9.15am 9 August 2013 Pilates	Saturday @ 7am 10 August 2013 No Pain No gain	WEEK 2
	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	

WEEK 3	Monday @ 9.15am 12 August 2013 Boxing	Tuesday 13 August 2013 REST DAY - NO SESSION	Wednesday @ 9.15am 14 August 2013 Kettlebells & Skipping	Thursday 15 August 2013 REST DAY - NO SESSION	Friday @ 9.15am 16 August 2013 Pilates	Saturday @ 7am 17 August 2013 No Pain No Gain	WEEK 3
	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	

WEEK 4	Monday @ 9.15am 19 August 2013 Boxing	Tuesday 20 August 2013 REST DAY - NO SESSION	Wednesday @ 9.15am 21 August 2013 Pumping Iron & Body Blast	Thursday 22 August 2013 REST DAY - NO SESSION	Friday @ 9.15am 23 August 2013 Pilates	Saturday @ 7am 24 August 2013 Mega Session	WEEK 4
	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

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