
 PADDINGTON Evolution Outdoors 2012 - January/February	<div> <div>Amy Bridle 0412 230 926 amyb@etwgroup.com</div> <div> <div>RED SESSIONS</div> <div>Cardio vascular based training of moderate to high intensity</div> </div> <div> <div>BLUE SESSIONS</div> <div>Total body strength, weight bearing & stabilisation exercises</div> </div> <div> <div>GREEN SESSIONS</div> <div>Focus on mind-body connection; lower, upper and core body strength</div> </div> </div>
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WEEK 1					
Monday @ 6am 9 January 2012	Tuesday @ 6am 10 January 2012	Wednesday @ 6am 11 January 2012	Thursday @ 6am 12 January 2012	Friday @ 6am 13 January 2012	Saturday @ 7am 14 January 2012
Power Punch & No Pain No Gain	Burn & Flex	Power Punch	Yoga	Agility Blast & Run for Endurance	
Gregory Park	Norman Buchan Park	Bowman Park	Bowman Park	Gregory Park	
Power Punch: Punch like a heavy weight to build power and endurance. & No Pain No Gain: a surprise circuit that could be bodyweight or equipment based.	a high intensity circuit followed by a long gentle stretch	Punch like a heavy weight to build power and endurance.	improve flexibility core and mind body connection	Agility Blast: challenging and fun class using props to improve agility & co-ordination & Run for Endurance: this session builds your running endurance with a continual run catering for all levels.	

WEEK 2					
Monday @ 6am 6 February 2012	Tuesday @ 6am 7 February 2012	Wednesday @ 6am 8 February 2012	Thursday @ 6am 9 February 2012	Friday @ 6am 10 February 2012	Saturday @ 7am 11 February 2012
Barbell Weights & Sprints	Core, Cones and Hills	Power Punch	Yoga	Run for Endurance & Barbell Weights	
Gregory Park	Norman Buchan Park	Bowman Park	Bowman Park	Gregory Park	
Barbell Weights: build and tone your muscles with outdoor weights training. & Sprints: Short and sweet for an awesome metabolic boost.	dynamic strengthening drills and core blast alternated with running and hills	Punch like a heavy weight to build power and endurance.	improve flexibility core and mind body connection	Run for Endurance: this session builds your running endurance with a continual run catering for all levels. & Barbell Weights: build and tone your muscles with outdoor weights training.	

WEEK 3					
Monday @ 6am 13 February 2012	Tuesday @ 6am 14 February 2012	Wednesday @ 6am 15 February 2012	Thursday @ 6am 16 February 2012	Friday @ 6am 17 February 2012	Saturday @ 7am 18 February 2012
Circuit Combo	Valentines Day Special	Power Punch	Yoga	Body Blast & Run for Endurance	
Agility Blast					
Gregory Park	Norman Buchan Park	Bowman Park	Bowman Park	Gregory Park	
Circuit Combo: total body circuit (can be equipment or non-equipment based) & Agility Blast: challenging and fun class using props to improve agility & co-ordination		Punch like a heavy weight to build power and endurance.	improve flexibility core and mind body connection	Body Blast: total body workout focusing on strength, cardio and core. & Run for Endurance: this session builds your running endurance with a continual run catering for all levels.	

WEEK 4					
Monday @ 6am 20 February 2012	Tuesday @ 6am 21 February 2012	Wednesday @ 6am 22 February 2012	Thursday @ 6am 23 February 2012	Friday @ 6am 24 February 2012	Saturday @ 7am 25 February 2012
Med Ball Mashup & Sprints	Core, Cones and Hills	Power Punch	Yoga	Med Ball Mashup & Run for Endurance	
Gregory Park	Norman Buchan Park	Bowman Park	Bowman Park	Gregory Park	
Med Ball Mashup: strength work using medball for additional resistance. & Sprints: Short and sweet for an awesome metabolic boost.	dynamic strengthening drills and core blast alternated with running and hills	Punch like a heavy weight to build power and endurance.	improve flexibility core and mind body connection	Med Ball Mashup: strength work using medball for additional resistance. & Run for Endurance: this session builds your running endurance with a continual run catering for all levels.	

Local partner					
					
		If your looking for an awesome relaxation, therapeutic, or aromatherapy massage - call Val!			
		<div> <div>Contact : Valerie Ph: 0488 042 021 Mail: bienetre.brisbane@gmail.com for an appointment</div> <div>Diploma Remedial Massage - Member of AAMT 023384 Adv. Dipl. Nutritional Medicine</div> </div>			