


February		<b>Maroubra</b> evolutionstarts6am.com <b>Tom Powell</b> 0424 093 133 tom@etwgroup.com	<b>Maroubra Beach</b> Park in the main beach carpark off Marine Parade and we meet next to the skate park in Arthur Bryne Reserve	<b>Coogee Beach</b> 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>Centennial Park</b> Use the Paddington Gates entry. Meeting point is 100metres east of the restaurant/kiosk. Closest cross street is Hamilton Drive	Plan your sessions ahead	2012
						<b>Attending this session?</b> <b>YES</b> <b>NO</b>	
						Set your session attendance goal for the coming weeks	

WEEK 1	Monday @ 6am <b>6 February 2012</b>	Tuesday @ 6am <b>7 February 2012</b>	Wednesday @ 6am <b>8 February 2012</b>	Thursday @ 6am <b>9 February 2012</b>	Friday @ 6am <b>10 February 2012</b>	Saturday @ 7am <b>11 February 2012</b>	WEEK 1
	Kettlebells & Power Yoga	Yoga & No Pain No Gain	Cardio Boxing	Yoga & No Pain No Gain	Kettlebells & Sprints	No Pain No Gain	
	Maroubra Beach	Queens Park	Maroubra Beach	Bronte Park	Maroubra Beach	Bronte Park	
	Attending this session? <b>YES</b> <b>NO</b>	Attending this session? <b>YES</b> <b>NO</b>	Attending this session? <b>YES</b> <b>NO</b>	Attending this session? <b>YES</b> <b>NO</b>	Attending this session? <b>YES</b> <b>NO</b>	Attending this session? <b>YES</b> <b>NO</b>	

WEEK 2	Monday @ 6am <b>13 February 2012</b>	Tuesday @ 6am <b>14 February 2012</b>	Wednesday @ 6am <b>15 February 2012</b>	Thursday @ 6am <b>16 February 2012</b>	Friday @ 6am <b>17 February 2012</b>	Saturday @ 7am <b>18 February 2012</b>	WEEK 2
	Pumping Iron & Power Yoga	Yoga & No Pain No Gain	Cardio Boxing	Yoga & No Pain No Gain	Pumping Iron & Sprints	No Pain No Gain	
	Maroubra Beach	Queens Park	Maroubra Beach	Bronte Park	Maroubra Beach	Centennial Park	
	Attending this session? <b>YES</b> <b>NO</b>	Attending this session? <b>YES</b> <b>NO</b>	Attending this session? <b>YES</b> <b>NO</b>	Attending this session? <b>YES</b> <b>NO</b>	Attending this session? <b>YES</b> <b>NO</b>	Attending this session? <b>YES</b> <b>NO</b>	

WEEK 3	Monday @ 6am <b>20 February 2012</b>	Tuesday @ 6am <b>21 February 2012</b>	Wednesday @ 6am <b>22 February 2012</b>	Thursday @ 7am <b>23 February 2012</b>	Friday @ 6am <b>24 February 2012</b>	Saturday @ 7am <b>25 February 2012</b>	WEEK 3
	Medicine Ball Mayhem & Power Yoga	Yoga & No Pain No Gain	Cardio Boxing	Yoga & No Pain No Gain	Challenge Yourself	No Pain No Gain	
	Maroubra Beach	Queens Park	Maroubra Beach	Bronte Park	Maroubra Beach	Lyne Park	
	Attending this session? <b>YES</b> <b>NO</b>	Attending this session? <b>YES</b> <b>NO</b>	Attending this session? <b>YES</b> <b>NO</b>	Attending this session? <b>YES</b> <b>NO</b>	Attending this session? <b>YES</b> <b>NO</b>	Attending this session? <b>YES</b> <b>NO</b>	

WEEK 4	Monday @ 6am <b>27 February 2012</b>	Tuesday @ 6am <b>28 February 2012</b>	Wednesday @ 6am <b>29 February 2012</b>	Thursday @ 6am <b>1 March 2012</b>	Friday @ 6am <b>2 March 2012</b>	Saturday @ 7am <b>3 March 2012</b>	WEEK 4
	Power Up & Power Yoga	Yoga & No Pain No Gain	Cardio Boxing	Yoga & No Pain No Gain	Power Up & Sprints	Inter Klik Challenge	
	Maroubra Beach	Queens Park	Maroubra Beach	Bronte Park	Maroubra Beach	Centennial Park	
	Attending this session? <b>YES</b> <b>NO</b>	Attending this session? <b>YES</b> <b>NO</b>	Attending this session? <b>YES</b> <b>NO</b>	Attending this session? <b>YES</b> <b>NO</b>	Attending this session? <b>YES</b> <b>NO</b>	Attending this session? <b>YES</b> <b>NO</b>	

OPTIONS	Thursday @ 6am Long Run session	Thursdays @ 6am	Saturday 3rd March		EVENTS
	Week 1 Rushcutters Park North	No Pain No Gain	INTER-KLIK CHALLENGE  The battle of the KLIKS. Relays, races, challenges and games to test who is the GREATEST KLIK of them all. Join in with your fellow members for a fun morning of different challenges.  rob@etwgroup.com	NEW 7.15am & 9am groups  We are excited to announce that we have expanded our offering by creating 7:15 and 9am groups in some of our key locations.  Whilst the 6am groups will always be our signature dish and the basis of what we do, the 7:15 and 9am groups are great if you have the flexibility in your day to day routine to train later in the morning.  Bondi - Bronte - Coogee - Rushcutters Bay - Balmoral	
	Week 2 Lyne Park, Rose Bay				
	Week 3 Bronte Park	Coogee Beach			
	Week 4 Coogee Beach	Attending this session? YES      NO			

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

OUR PARTNERS



Find your energy and vitality with tailored nutrition advice. Mobile service. Call Rachel Accredited Practising Dietitian on 0422 723 702



Order your organic fruit and and vege box on a Tuesday Tuesday and collect Friday arvo onwards.  
organics@mollys.com.au





discounts to evo members & their families  
ChiroSports Maroubra 9344 4233

OUR PARTNERS