


March		Maroubra evolutionstarts6am.com Tom Powell 0424 093 133 tom@etwgroup.com	Maroubra Beach Park in the main beach carpark off Marine Parade and we meet next to the skate park in Arthur Bryne Reserve	Coogee Beach 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	Centennial Park 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
						Attending this session? YES NO	
						Set your session attendance goal for the coming weeks	

WEEK 1	Monday @ 6am 5 March 2012	Tuesday @ 6am 6 March 2012	Wednesday @ 6am 7 March 2012	Thursday @ 6am 8 March 2012	Friday @ 6am 9 March 2012	Saturday @ 7am 10 March 2012	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? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	

WEEK 2	Monday @ 6am 12 March 2012	Tuesday @ 6am 13 March 2012	Wednesday @ 6am 14 March 2012	Thursday @ 6am 15 March 2012	Friday @ 6am 16 March 2012	Saturday @ 7am 17 March 2012	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? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	

WEEK 3	Monday @ 6am 19 March 2012	Tuesday @ 6am 20 March 2012	Wednesday @ 6am 21 March 2012	Thursday @ 6am 22 March 2012	Friday @ 6am 23 March 2012	Saturday @ 7am 24 March 2012	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? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	

WEEK 4	Monday @ 6am 26 March 2012	Tuesday @ 6am 27 March 2012	Wednesday @ 6am 28 March 2012	Thursday @ 6am 29 March 2012	Friday @ 6am 30 March 2012	Saturday @ 7am 31 March 2012	WEEK 4
	Power Up & Power Yoga	Yoga & No Pain No Gain	Cardio Boxing	Yoga & No Pain No Gain	Power Up & Sprints	Mega Session	
	Maroubra Beach	Queens Park	Maroubra Beach	Bronte Park	Maroubra Beach	Centennial Park	
	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	

OPTIONS	Thursday @ 6am Long Run session	Tuesdays @ 6am WEEK 1 and WEEK 3	Weekend of 31st March / 1st April SUN & SAND CHALLENGE	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	EVENTS
	Week 1 Rushcutters Park North	No Pain No Gain	Join us for a beach day on the sand, kicking off with some training, a swim, some games, socializing and sun. rob@etwgroup.com		
	Week 2 Lyne Park, Rose Bay	Maroubra Beach			
	Week 3 Bronte Park	Thursdays @ 6am			
	Week 4 Coogee Beach	No Pain No Gain			
		Coogee Beach			

SESSIONS	Agility Blast improve agility, balance & co-ordination	Medicine Ball Mayhem using medball for added resistance	Pumping Iron using barbells & weights, improve your strength	SESSIONS
	Challenge Yourself Set a benchmark & next time around you can beat it	Mega Session a double session (90 mins) of weights & cardio	Resistance Tubes total body conditioning with resistance tubes	
	Circuit Combo total body workout with or without equipment	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	
	Core, Cones and Hills strengthening & core blast alternated with hills	No Pain No Gain a surprise circuit, bodyweight or equipment based	Shield Yourself strength, stability and core work using kick shields	
	Double Grip Med Balls add 2 handles and it's a whope new (med) ball game	Pilates improve posture and core strength	Skiing a great interval based cardio workout	
	Fighting Fit become a lean, mean, fighting machine	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	Yoga improve flexibility core and mind body connection	

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