May

evolution to wellbeing

Maroubra
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Maroubra Beach
We meet at the South End of Arthur Bryne Reserve, next to the South Maroubra Surf Life Saving Club

Studio 34, 34 McKeon St
Street parking is available on McKeon and side streets. Otherwise park on Marine parade opposite the pub and it is a short walk up McKeon on the RHS.

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

Plan your sessions ahead
Attending this session?
YES NO
Set your session attendance goal for the coming weeks

2012

WEEK 1

Monday @ 6am	Tuesday @ 6am	Wednesday @ 6am	Thursday @ 6am	Friday @ 7am	Saturday @ 7am
30 April 2012	**1 May 2012**	**2 May 2012**	**3 May 2012**	**4 May 2012**	**5 May 2012**
Moving Circuit & Power Yoga	Kettlebells & Hardcore Core	Cardio Boxing	Yoga & No Pain No Gain	Kettlebells & Sprints	No Pain No Gain
Studio 34, Mckeon St	**Maroubra Beach**	**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 2

Monday @ 7am	Tuesday @ 6am	Wednesday @ 6am	Thursday @ 6am	Friday @ 6am	Saturday @ 7am
7 May 2012	**8 May 2012**	**9 May 2012**	**10 May 2012**	**11 May 2012**	**12 May 2012**
Moving Circuit & Power Yoga	Pumping Iron & Hardcore Core	Cardio Boxing	Yoga & No Pain No Gain	Pumping Iron Power Ropes Sprints	No Pain No Gain
Studio 34, Mckeon St	**Maroubra Beach**	**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	Tuesday @ 6am	Wednesday @ 6am	Thursday @ 6am	Friday @ 6am	Saturday @ 7am
14 May 2012	**15 May 2012**	**16 May 2012**	**17 May 2012**	**18 May 2012**	**19 May 2012**
Moving Circuit & Power Yoga	Medicine Ball Mayhem & Hardcore Core	Cardio Boxing	Yoga & No Pain No Gain	Challenge Yourself	No Pain No Gain
Studio 34, Mckeon St	**Maroubra Beach**	**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	Tuesday @ 6am	Wednesday @ 6am	Thursday @ 6am	Friday @ 6am	Saturday
21 May 2012	**22 May 2012**	**23 May 2012**	**24 May 2012**	**25 May 2012**	**26 May 2012**
Moving Circuit & Power Yoga	Power Up & Hardcore Core	Cardio Boxing	Yoga & No Pain No Gain	Power Up & Sprints	Adventure Race see below for details
Studio 34, Mckeon St	**Maroubra Beach**	**Maroubra Beach**	**Bronte Park**	**Maroubra Beach**	
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 **Rushcutters Park North**	Yoga & Tough Enough?
Week 2 **Lyne Park, Rose Bay**	**Queens Park**
Week 3 **Bronte Park**	Thursdays @ 6am
Week 4 **Coogee Beach**	No Pain No Gain
	Coogee Beach

Evolution Nutrition Program

eat with me, train with me

FREE WEEK TRIAL

Our highly successful program that will help you;
- learn more about healthy eating
- achieve faster results
- improve your nutrition
- optimise your health
- lose weight
- feel more energised

contact Julie
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NEWS

Saturday 28th April

Amazing Evolution Adventure Race

Part adventure race, part scavenger hunt, with a hint of "The Amazing Race". Teams will race through the heart of the Eastern Suburbs completing a variety of activities along the way

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SESSIONS

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

OUR PARTNERS

MEET YOU AT MOLLY'S
MCKEON STREET MAROUBRA 2035

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

evo + chirosports = health & happiness

CHIROSPORTS
discounts to evo members & their families
Chirosports Maroubra **9344 4233**

Maroubra KLIK - Evolution to Wellbeing - Session Locations

Maroubra Beach – Arthur Bryne Reserve South

Tuesday / Wednesday / Friday

Drive into the reserve off the roundabout on corner of Fitzgerald Av and Marine Parade, head all the way down through the reserve and park to left of the South Maroubra Surf Club.

meeting spot is;
Under the picnic shelter

Maroubra – Studio 34, McKeon St

Mondays in winter

Street parking is available on McKeon and surrounding streets. Failing that park on the beach front opposite the pub and it is a short walk up McKeon Street to number 34.

meeting spot is;
Outside Studio 34

Coogee Beach

Park in the car park next to the Coogee Palace, walk south along the promenade, until you see a down ramp to the beach.

meeting spot is;
at the down ramp from the promenade to the beach half way between

Queens Park

Located on the corner of Darley Road & Carrington Road in Queens Park. We meet in the park at the bottom of the stairs. The nearest cross-street to our meeting point is Bella Street. Parking is easy to find on Darley Road.

meeting spot is;
at the bottom of the stairs across the road from 253 Darley Road, Queens Park

Centennial Park

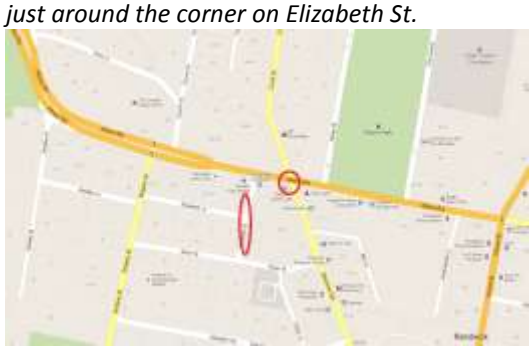
The session takes place in the north section of the park so best to use the Paddington Gates to enter the park. We meet approximately 100m to the east of the Cafe / Restaurant inside the park. The closest intersection is The Grand Drive & Hamilton Drive.

meeting spot is;
100 metres east of the restaurant / cafe in the park

Indoors @ Logan Dance Studio, Randwick

Located on corner of Belmore and Alison Road. Logan Dance Studio is accessible via a yellow door on Alison Rd. The studio is on the first floor. It is used as a wet weather option for yoga and an indoor option during winter.

meeting spot is;
Corner of Belmore and Alison Road, marked by red circle. Red oval indicates suitable parking just around the corner on Elizabeth St.



Bronte Park

Bronte Park is a beautiful spot to train and do yoga. Plus it is where Evolution all started many sunrises ago. Walk into the park from the Bronte Road side and aim towards the kids railway track and the little green sheds that store the trains.

meeting spot is;

Next to the kids railway track in the park. Access via Bronte Road. Parking is available in the beach carpark (entrance marked by red oval) opposite the row of cafes.

Lyne Park, Rose Bay

The meeting spot is just 50 metres to the east of the Rose Bay Ferry Wharf in Lyne Park. Catalina's Restaurant is just to the north of where we meet as well. Closest intersection is New South Head Road & Elanora Street.

meeting spot is;

50 metres east of the Rose Bay Ferry Wharf

Kayaking @ Rose Bay Marina

At the west end of the bay, park along New South Head Rd or Wunulla Rd and head down the ramps or steps to sea level.

meeting spot is;

On the sand just below the police station on NSH Rd