


May		Maroubra evolutionstartsat6am.com Tom Powell 0424 093 133 tom@etwgroup.com	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	2012
						Attending this session? YES NO	
						Set your session attendance goal for the coming weeks	

WEEK 1	Monday @ 6am 30 April 2012	Tuesday @ 6am 1 May 2012	Wednesday @ 6am 2 May 2012	Thursday @ 6am 3 May 2012	Friday @ 6am 4 May 2012	Saturday @ 7am 5 May 2012	WEEK 1
	Moving Circuit & Power Yoga	Kettlebells & Hardcore Core	Cardio Boxing	No Pain No Gain	Kettlebells & Sprints	No Pain No Gain	
	Studio 34, McKeon St	Maroubra Beach	Maroubra Beach	Coogee Beach	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 7 May 2012	Tuesday @ 6am 8 May 2012	Wednesday @ 6am 9 May 2012	Thursday @ 6am 10 May 2012	Friday @ 6am 11 May 2012	Saturday @ 7am 12 May 2012	WEEK 2
	Moving Circuit & Power Yoga	Pumping Iron & Hardcore Core	Cardio Boxing	No Pain No Gain	Pumping Iron Power Ropes Sprints	No Pain No Gain	
	Studio 34, McKeon St	Maroubra Beach	Maroubra Beach	Coogee Beach	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 14 May 2012	Tuesday @ 6am 15 May 2012	Wednesday @ 6am 16 May 2012	Thursday @ 6am 17 May 2012	Friday @ 6am 18 May 2012	Saturday @ 7am 19 May 2012	WEEK 3
	Moving Circuit & Power Yoga	Medicine Ball Mayhem & Hardcore Core	Cardio Boxing	No Pain No Gain	Challenge Yourself	No Pain No Gain	
	Studio 34, McKeon St	Maroubra Beach	Maroubra Beach	Coogee Beach	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 21 May 2012	Tuesday @ 6am 22 May 2012	Wednesday @ 6am 23 May 2012	Thursday @ 6am 24 May 2012	Friday @ 6am 25 May 2012	Saturday @ 7am 26 May 2012	WEEK 4
	Moving Circuit & Power Yoga	Power Up & Hardcore Core	Cardio Boxing	No Pain No Gain	Power Up & Sprints	Mega Session You Move Me Project	
	Studio 34, McKeon St	Maroubra Beach	Maroubra Beach	Coogee Beach	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	Every Tuesday & Thursday @ 6am	Evolution Nutrition Program <i>eat with me, train with me</i> 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 0401 40 55 50 julie@etwgroup.com	Saturday 26th May	NEWS
	Week 1 Rushcutters Park North	Yoga		Mega Session - You Move Me Project	
	Week 2 Lyne Park, Rose Bay	Logan Dance Studio		Join Evolution to Wellbeing at a very special Mega-Session with the launch of our highly anticipated You Move Me Project. With every session that you attend, you are helping an amputee in Bolivia regain movement.	
	Week 3 Bronte Park	Attending this session? YES NO		www.youmovemeproject.org	
	Week 4 Coogee Beach			rob@etwgroup.com	

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	SESSIONS
	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 dumbbells 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 and vege box on a Tuesday Tuesday and collect Friday arvo onwards. organics@mollys.com.au		 CHIROSPORTS discounts to evo members & their families Chiroports Maroubra 9344 4233	OUR PARTNERS

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

