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 (North end of beach). Meeting place 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 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

-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	
EK 1	Moving Circuit &	Kettlebells &	Cardio Boxing	No Pain No Gain	Kettlebells &	No Pain No Gain	EX 1
WE	Power Yoga Studio 34, Mckeon St	Maroubra Beach	Maroubra Beach	Coogee Beach	Sprints 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	

	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	
2	Moving Circuit	Pumping Iron	Cardio Boxing	No Pain No Gain	Pumping Iron	No Pain No Gain	
	& Power Yoga	& Hardcore Core			Power Ropes Sprints		
3	Studio 34, Mckeon St	Maroubra Beach	Maroubra Beach	Coogee Beach	Maroubra Beach	Centennial Park	3
	Attending this session?	Attending this session?	Attending this session?	Attending this session?	Attending this session?	Attending this session?	
	YES NO	YES NO	YES NO	YES NO	YES NO	YES NO	

	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	
EEK 3	Moving Circuit & Power Yoga	Medicine Ball Mayhem & Hardcore Core	Cardio Boxing	No Pain No Gain	Challenge Yourself	No Pain No Gain	EEK 3
3	Studio 34, Mckeon St	Maroubra Beach	Maroubra Beach	Coogee Beach	Maroubra Beach	Lyne Park	
	Attending this session?	Attending this session?	Attending this session?	Attending this session?	Attending this session?	Attending this session?	
	YES NO	YES NO	YES NO	YES NO	YES NO	YES NO	

	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	
7	Moving Circuit	Power Up	Cardio Boxing	No Pain No Gain	Power Up	Mega Session	
ш	&	&			&	You Move Me Project	
Ш	Power Yoga	Hardcore Core			Sprints		Ш
	Studio 34, Mckeon St	Maroubra Beach	Maroubra Beach	Coogee Beach	Maroubra Beach	Centennial Park	3
	Attending this session?	Attending this session?	Attending this session?	Attending this session?	Attending this session?	Attending this session?	
	YES NO	YES NO	YES NO	YES NO	YES NO	YES NO	

	Thursday @ 6am	Every Tuesday &
	Long Run session	Thursday @ 6am
S	Week 1	Yoga
SN	Rushcutters Park North	
0	Week 2	
PTIO	Lyne Park, Rose Bay	Logan Dance Studio
Р	Week 3	Attending this session?
O	Bronte Park	YES NO
	Week 4	

Coogee Beach

Evolution Nutrition Program

eat with me, train with me

contact Julie

0401 40 55 50

julie@etwgroup.com

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

Saturday 26th May

Mega Session - You Move Me Project

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. www.youmovemeproject.org

rob@etwgroup.com

	Agility Blast	Mega Session	Resistance Tubes	
	improve agility, balance & co-ordination	a double session (90 mins) of weights & cardio	total body conditioning with resistance tubes	
	Challenge Yourself	Moving Circuit	Run for Endurance	
	Set a benchmark & next time around you can beat it	keep on moving and use the park for a cardio blast	work on your endurance with a 25 mins run	
	Circuit Combo	No Pain No Gain	Shield Yourself	
S	total body workout with or without equipment	a surprise circuit, bodyweight or equipment based	strength, stability and core work using kick shields	S
Z	Core, Cones and Hills	Pilates	Skipping	Z
<u>O</u>	strengthening & core blast alternated with hills	improve posture and core strength	a great interval based cardio workout	<u>O</u>
S	Double Grip Med Balls	Power Punch	Sprints	5
Ш	Double Grip Med Balls add 2 handles and it's a whope new (med) ball game	punch like a heavy weight to build power & endurance	short and sweet for an awesome metabolic boost	Ш
	Kayaking	Power Ropes	Tone & Balance	S
	feed your soul on the Harbour with a morning paddle	build your strength endurance & cardio capacity	improve your core strength & stability	
	Kettlebells	Power Up	Tough Enough	
	develop functional, whole body strength	use dumbells to improve your dynamic strength	get down & dirty with a tough bodyweight session	
	Medicine Ball Mayhem	Pumping Iron	Yoga	
	using medball for added resistance	using barbells & weights, improve your strength	improve flexibility core and mind body connection	



Order your organic fruit and 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

NEWS

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.



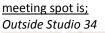
meeting spot is; Under the picnic shelter

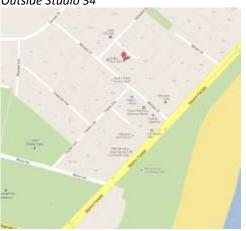
Maroubra – Studio 34, McKeon St

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.

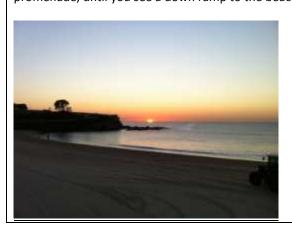






Coogee Beach

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

