June

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 @ 6am	Saturday @ 7am
	28 May 2012	**29 May 2012**	**30 May 2012**	**31 May 2012**	**1 June 2012**	**2 June 2012**
	Moving Circuit & Power Yoga	Kettlebells & Hardcore Core	Cardio Boxing	Flex & Core	Kettlebells & Sprints	No Pain No Gain
	Studio 34, Mckeon St	**Maroubra Beach**	**Maroubra Beach**	**Clovelly Church**	**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	Tuesday @ 6am	Wednesday @ 6am	Thursday @ 6am	Friday @ 6am	Saturday @ 7am
	4 June 2012	**5 June 2012**	**6 June 2012**	**7 June 2012**	**8 June 2012**	**9 June 2012**
	Moving Circuit & Power Yoga	Pumping Iron & Hardcore Core	Cardio Boxing	Flex & Core	Pumping Iron & Sprints	No Pain No Gain
	Studio 34, Mckeon St	**Maroubra Beach**	**Maroubra Beach**	**Clovelly Church**	**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 @ 7am	Tuesday @ 6am	Wednesday @ 6am	Thursday @ 6am	Friday @ 6am	Saturday @ 7am
	11 June 2012	**12 June 2012**	**13 June 2012**	**14 June 2012**	**15 June 2012**	**16 June 2012**
	Public Holiday Session	Medicine Ball Mayhem & Hardcore Core	Cardio Boxing	Flex & Core	Medicine Ball Mayhem & Sprints	No Pain No Gain
	Coogee Beach	**Maroubra Beach**	**Maroubra Beach**	**Clovelly Church**	**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 @ 7am
	18 June 2012	**19 June 2012**	**20 June 2012**	**21 June 2012**	**22 June 2012**	**23 June 2012**
	Moving Circuit & Power Yoga	Power Up & Hardcore Core	Cardio Boxing	Flex & Core	Power Up (Flouro Friday!) Sprints	Mega Session **Trail Run**
	Studio 34, Mckeon St	**Maroubra Beach**	**Maroubra Beach**	**Clovelly Church**	**Maroubra Beach**	**Rose Bay / Watsons Bay**
	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

Week 1
Rushcutters Park North

Week 2
Lyne Park, Rose Bay

Week 3
Bronte Park

Week 4
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

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NEWS

Saturday 23rd June

Mega Session - Trail Run

Join Evolution to Wellbeing for a run through some of the most beautiful areas of the Eastern Suburbs. The run will cater for different fitness levels with different start points, so whether you're a keen runner, a City to Surf entrant, a Tough Mudder or just wanting to go for a great morning run, join us on Saturday 23rd June

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**