July

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
25 June 2012	**26 June 2012**	**27 June 2012**	**28 June 2012**	**29 June 2012**	**30 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
2 July 2012	**3 July 2012**	**4 July 2012**	**5 July 2012**	**6 July 2012**	**7 July 2012**
Moving Circuit & Power Yoga	Pumping Iron & Hardcore Core	Cardio Boxing	Flex & Core	Power Ropes & 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 @ 6am	Tuesday @ 6am	Wednesday @ 6am	Thursday @ 6am	Friday @ 6am	Saturday @ 7am
9 July 2012	**10 July 2012**	**11 July 2012**	**12 July 2012**	**13 July 2012**	**14 July 2012**
Moving Circuit & Power Yoga	Medicine Ball Mayhem & Hardcore Core	Cardio Boxing	Flex & Core	Challenge Yourself	No Pain No Gain
Studio 34, Mckeon St	**Maroubra Beach**	**Maroubra Beach**	**Logan Dance Studio**	**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
16 July 2012	**17 July 2012**	**18 July 2012**	**19 July 2012**	**20 July 2012**	**21 July 2012**
Moving Circuit & Power Yoga	Power Up & Hardcore Core	Cardio Boxing	Flex & Core	Power Up & Sprints	Mega Session
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**

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

contact Julie
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NEWS

Sunday 22nd July

Sutherland to Surf Fun Run

The Sutherland to Surf 11km Fun Run is holidng its 41st event this year. It's a great lead-in event for the City to Surf & Bridge Run. Join us as we make our way from Sutherland all the way to Cronulla Beach.

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**