



July	 evolution to wellbeing	Waverton 6am evolutiontowellbeing.com Euan Clark 0487 193 299 euan@etwgroup.com	Waverton Park On the corner of Woolcott & Larkin Street, the meeting spot is next to the Bowling Club building.	St Leonards Park Near the corner of Ridge & Walker Street we meet on the basketball courts, close to the bowling club.	St Joseph's Church Hall Corner of Lindsay St and Bydown St	 WINTERWARRIOR	2013				
WEEK 1	Monday @ 6am 29 July 2013 Pumping Iron & Sprints	Tuesday @ 6am 30 July 2013 Circuit Combo (Pilates now indoors)	Wednesday @ 6am 31 July 2013 Pumping Iron & Sprints	Thursday @ 6am 1 August 2013 Long Run (40 min) & Core (Yoga now indoors)	Friday @ 6am 2 August 2013 Boxing	Saturday @ 7am 3 August 2013 No Pain No Gain	WEEK 1				
	Waverton Park	St Leonards Park	Waverton Park	St Leonards Park	Waverton Park	Queens 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 5 August 2013 Medicine Ball Mayhem & Sprints	Tuesday @ 6am 6 August 2013 Circuit Combo (Pilates now indoors)	Wednesday @ 6am 7 August 2013 Medicine Ball Mayhem & Sprints	Thursday @ 6am 8 August 2013 Long Run (40 min) & Core (Yoga now indoors)	Friday @ 6am 9 August 2013 Boxing	Saturday @ 7am 10 August 2013 No Pain No Gain	WEEK 2				
	Waverton Park	St Leonards Park	St Leonards Park	St Leonards Park	St Leonards Park	St Leonards 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 12 August 2013 Power Up & Sprints	Tuesday @ 6am 13 August 2013 Circuit Combo (Pilates now indoors)	Wednesday @ 6am 14 August 2013 Power Bags & Run For Endurance	Thursday @ 6am 15 August 2013 Long Run (40 min) & Core (Yoga now indoors)	Friday @ 6am 16 August 2013 Boxing	Saturday @ 7am 17 August 2013 No Pain No Gain	WEEK 3				
	Waverton Park	St Leonards Park	Waverton Park	St Leonards Park	Waverton Park	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 19 August 2013 Kettlebells & Sprints	Tuesday @ 6am 20 August 2013 Circuit Combo (Pilates now indoors)	Wednesday @ 6am 21 August 2013 Kettlebells & Run For Endurance	Thursday @ 6am 22 August 2013 Long Run (40 min) & Core (Yoga now indoors)	Friday @ 6am 23 August 2013 Boxing	Saturday @ 7am 24 August 2013 Mega Session	WEEK 4				
	Waverton Park	St Leonards Park	Waverton Park	St Leonards Park	Waverton Park	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					
OTHER OPTIONS							NEWS / EVENTS				
	Tuesday @ 6am Indoors	Thursday @ 6am Indoors	Thurs Long Runs @ 6am	Are you a Winter Warrior?? 1. Make your Warrior Commitment You commit to 12 weeks training Rain or Shine! June 3-Aug 24 and tell the world you're a Warrior! @evolutiontowellbeing 2. Get the t-shirt and wear your warrior with pride Pre-order available 3rd June 3. Be rewarded for your valour & bring your friends A Warrior laughs in the face of the weather and shall be rewarded! 4. Show us on Facebook and Instagram Post photographic evidence of your Warrior Wellness activities #winterwarrior @evo2wellbeing							
Wk 1	Pilates	Yoga	Long Run								
Wk 2	Pilates	Yoga	Long Run								
Wk 3	Pilates	Yoga	Long Run								
Wk 4	Pilates	Yoga	Long Run								
SESSIONS							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 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							OUR PARTNERS				
 563 Military Road Mosman 9960 7986											