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| Aug / Sept |  evolution to wellbeing | North Sydnev evolutionstartsatsat6am.com Nick Cooper 0408 434 796 nick@etwgroup.com | Balmoral Beach Accessible off Military Road either down Awaba or Raglan St. We meet at the Rotunda, which is opposite Mandolong Rd towards the Northern side of the beach. | Cammeray Sports Park Corner of Ernest Rd and Park Ave in Cammeray. The oval is sandwiched between the golf course, tennis courts and skate park. | St Leonards Park Near the corner of Ridge & Walker Street we meet on the basketball courts, close to the bowling club. | Plan your sessions ahead Attending this session? YES NO Set your session attendance goal for the coming weeks | 2012 |
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| WEEK 1 | Monday @ 6am 20 August 2012 Power Up & Skipping St Leonards Park Attending this session? YES NO | Tuesday @ 6am 21 August 2012 Circuit Combo Cammeray Sports Park Attending this session? YES NO | Wednesday @ 6am 22 August 2012 Cardio Boxing St Leonards Park Attending this session? YES NO | Thursday @ 6am 23 August 2012 Pilates St Johns Uniting Church Attending this session? YES NO | Friday @ 6am 24 August 2012 Power Ropes & Hardcore Core St Leonards Park Attending this session? YES NO | Saturday @ 7am 25 August 2012 No Pain No Gain Bronte Park Attending this session? YES NO | WEEK 1 |
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| WEEK 2 | Monday @ 6am 27 August 2012 Double Grip Med Balls & Agility Blast St Leonards Park Attending this session? YES NO | Tuesday @ 6am 28 August 2012 Circuit Combo Cammeray Sports Park Attending this session? YES NO | Wednesday @ 6am 29 August 2012 Cardio Boxing St Leonards Park Attending this session? YES NO | Thursday @ 6am 30 August 2012 Pilates St Johns Uniting Church Attending this session? YES NO | Friday @ 6am 31 August 2012 Double Grip Med Balls & Sprints St Leonards Park Attending this session? YES NO | Saturday @ 7am 1 September 2012 No Pain No Gain Centennial Park Attending this session? YES NO | WEEK 2 |
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| WEEK 3 | Monday @ 6am 3 September 2012 Pumping Iron & No Pain No Gain St Leonards Park Attending this session? YES NO | Tuesday @ 6am 4 September 2012 Circuit Combo Cammeray Sports Park Attending this session? YES NO | Wednesday @ 6am 5 September 2012 Cardio Boxing St Leonards Park Attending this session? YES NO | Thursday @ 6am 6 September 2012 Pilates St Johns Uniting Church Attending this session? YES NO | Friday @ 6am 7 September 2012 Pumping Iron & Hardcore Core St Leonards Park Attending this session? YES NO | Saturday @ 7am 8 September 2012 No Pain No Gain Lyne Park, Rose Bay Attending this session? YES NO | WEEK 3 |
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| WEEK 4 | Monday @ 6am 10 September 2012 Medicine Ball Mayhem & Resistance Tubes St Leonards Park Attending this session? YES NO | Tuesday @ 6am 11 September 2012 Circuit Combo Cammeray Sports Park Attending this session? YES NO | Wednesday @ 6am 12 September 2012 Cardio Boxing St Leonards Park Attending this session? YES NO | Thursday @ 6am 13 September 2012 Pilates St Johns Uniting Church Attending this session? YES NO | Friday @ 6am 14 September 2012 Challenge Yourself St Leonards Park Attending this session? YES NO | Saturday @ 7am 15 September 2012 Mega Session Centennial Park Attending this session? YES NO | WEEK 4 |
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| OPTIONS | | | 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 | | Friday 31st August - 7pm Evolution Oscars - Awards Night We've made it through winter and with the Sweet 16 challenge completed it's now time to celebrate and acknowledge all your hard work over the last few months. Paddington Arms Hotel - 384 Oxford Street | | NEWS |
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| 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 | | |
| OUR PARTNERS |  563 Military Road Mosman 9960 7986 | | | | | | OUR PARTNERS |
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