Rushcutters North 6:15pm evolutiontowellbeing.com

Rob Meneses 0418 99 66 89 rob@etwgroup.com

Rushcutters Park North

Located on the corner of New South Head Road & New Beach Road. We meet in the park approximately 50 metres North of the cafe



	Monday 29 July 2013	Tuesday @ 6.15pm 30 July 2013	Wednesday 31 July 2013	Thursday @ 6.15pm 1 August 2013	Friday 2 August 2013	Saturday @ 7am 3 August 2013	
EEK 1	REST DAY - NO SESSION	Circuit Combo	REST DAY - NO SESSION	Balboa Box	REST DAY - NO SESSION	No Pain No Gain	EEK 1
		Sir David Martin Reserve		Sir David Martin Reserve		Queens Park	3
		Attending this session?		Attending this session?		Attending this session?	
		YES NO		YES NO		YES NO	

	Monday 5 August 2013	Tuesday @6.15pm 6 August 2013	Wednesday 7 August 2013	Thursday @ 6.15pm 8 August 2013	Friday 9 August 2013	Saturday @ 7am 10 August 2013	
EEK 2	REST DAY - NO SESSION	Circuit Combo	REST DAY - NO SESSION	Balboa Box	REST DAY - NO SESSION	No Pain No Gain	EEK 2
>		Sir David Martin Reserve		Sir David Martin Reserve		Centennial Park	
		Attending this session?		Attending this session?		Attending this session?	
		YES NO		YES NO		YES NO	

	Monday 12 August 2013	Tuesday @ 6.15pm 13 August 2013	Wednesday 14 August 2013	Thursday @ 6.15pm 15 August 2013	Friday 16 August 2013	Saturday @ 7am 17 August 2013	
EEK 3	REST DAY - NO SESSION	Circuit Combo	REST DAY - NO SESSION	Balboa Box	REST DAY - NO SESSION	No Pain No Gain	EEK 3
X		Sir David Martin Reserve Attending this session? YES NO		Sir David Martin Reserve Attending this session? YES NO		Lyne Park Attending this session? YES NO	3

	Monday 19 August 2013	Tuesday @ 6.15pm 20 August 2013	Wednesday 21 August 2013	Thursday @ 6.15pm 22 August 2013	Friday 23 August 2013	Saturday @ 7am 24 August 2013	
EEK 4	REST DAY - NO SESSION	Circuit Combo	REST DAY - NO SESSION	Balboa Box	REST DAY - NO SESSION	Mega Session	EEK 4
3		Sir David Martin Reserve Attending this session? YES NO		Sir David Martin Reserve Attending this session? YES NO		Centennial Park Attending this session? YES NO	⋛

	Thursday @ 6am				
	Long Run session				
S	Week 1				
Z	Rushcutters Park North				
0	Week 2				
Ę	Lyne Park, Rose Bay				
P	Week 3				
OPTIONS	Week 3 Bronte Beach				
OP					

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 @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

	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
9	strengthening & core blast alternated with hills	improve posture and core strength	a great interval based cardio workout	9
ESS	Double Grip Med Balls	Power Punch	Sprints	S
M.	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	ES
S	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	

OUR PARTNERS

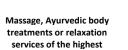


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