


August		Paddington evolutionstarts6am.com Amy Bridle 0412 230 926 amyb@etwgroup.com	Gregory Park We meet up the end of the park closest to the play equipment and basketball hoop, on Baroona Rd.	Norman Buchan Park We meet at the BBQ hut just down from the carpark	Bowman Park Enter Bowman Park at the Cnr of Chiswick Rd & Simpsons Rd. You will have the play equipment on the Right as you drive down to the park and into the 2nd parking lot	Plan your sessions ahead	2013
						Attending this session? YES NO	
						Set your session attendance goal for the coming weeks	

WEEK 1	Monday @ 6am 29 July 2013	Tuesday @ 6am 30 July 2013	Wednesday @ 6am 31 July 2013	Thursday @ 6am 1 August 2013	Friday @ 6am 2 August 2013	Saturday @ 7am 3 August 2013	WEEK 1
	Pumping Iron & Sprints	Moving Circuit	Power Punch	Yoga	Barbell Weights & Run for Endurance		
	Gregory Park	Norman Buchan Park	Bowman Park	18 Nash Street, Rosalie	Gregory 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		

WEEK 2	Monday @ 6am 5 August 2013	Tuesday @ 6am 6 August 2013	Wednesday @ 6am 7 August 2013	Thursday @ 6am 8 August 2013	Friday @ 6am 9 August 2013	Saturday @ 7am 10 August 2013	WEEK 2
	Moving Circuit	Core, Cones and Hills	Power Punch	Yoga	Challenge Yourself		
	Gregory Park	Norman Buchan Park	Bowman Park	18 Nash Street, Rosalie	Gregory 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		

WEEK 3	Monday @ 6am 12 August 2013	Tuesday @ 6am 13 August 2013	Wednesday @ 6am 14 August 2013	Thursday @ 6am 15 August 2013	Friday @ 6am 16 August 2013	Saturday @ 7am 17 August 2013	WEEK 3
	Moving Circuit & Sprints	Body Blast	NO SESSION	Yoga	No Pain No Gain & Run for Endurance		
	Gregory Park	Norman Buchan Park	Bowman Park	18 Nash Street, Rosalie	Gregory 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		

WEEK 4	Monday @ 6am 19 August 2013	Tuesday @ 6am 20 August 2013	Wednesday @ 6am 21 August 2013	Thursday @ 6am 22 August 2013	Friday @ 6am 23 August 2013	Saturday @ 7am 24 August 2013	WEEK 4
	Kettlebells & Sprints	Core, Cones and Hills	Power Punch	Yoga	Kettlebells & Run for Endurance		
	Gregory Park	Norman Buchan Park	Bowman Park	18 Nash Street, Rosalie	Gregory 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		

SESSIONS	Agility Blast improve agility, balance & co-ordination	Medicine Ball Mayhem using medball for added resistance	Pumping Iron using barbells & weights, improve your strength	SESSIONS
	Challenge Yourself Set a benchmark & next time around you can beat it	Power Punch punch like a heavy weight to build power & endurance	Resistance Tubes total body conditioning with resistance tubes	
	Circuit Combo total body workout with or without equipment	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	
	Core, Cones and Hills strengthening & core blast alternated with hills	No Pain No Gain a surprise circuit, bodyweight or equipment based	Yoga improve flexibility core and mind body connection	
	Fighting Fit become a lean, mean, fighting machine	Sprints short and sweet for an awesome metabolic boost	Skiping a great interval based cardio workout	

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