

	Redfern 6am evolutiontowelling.com Adam Shorter 0448 221 326 adams@etwgroup.com		Redfern Park Meeting place is located near the sculptures, about 20 meters north of the cafe on the Chalmers st side of the park.	Wet Weather @ Redfern Meet at the entrance of the stadium if raining	St Lukes Clovelly On the Corner of Arden & Varna Street, Clovelly. The hall is just on the left down Varna Street parking available	Centennial Park Use the Paddington Gates entry. Meeting point is 100metres east of the restaurant/kiosk. Closest cross street is Hamilton Drive	2014

WEEK 1	Monday @ 6am 5 May 2014	Tuesday @ 6am 6 May 2014	Wednesday @ 6am 7 May 2014	Thursday @ 6am 8 May 2014	Friday @ 6am 9 May 2014	Saturday @ 7am 10 May 2014	WEEK 1
	Medball Mayhem (Alex) Run for Endurance	Body Blast (Adam)	Boxing (Alex)	Yoga	Medball Mayhem (Alex) Sprints	No Pain No Gain	
	Redfern Oval	Redfern Oval	Redfern Oval	St Lukes Clovelly	Redfern Oval	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 12 May 2014	Tuesday @ 6am 13 May 2014	Wednesday @ 6am 14 May 2014	Thursday @ 6am 15 May 2014	Friday @ 6am 16 May 2014	Saturday @ 7am 17 May 2014	WEEK 2
	Power Up (Alex) Run for Endurance	Body Blast (Adam)	Boxing (Alex)	Yoga	Power Up (Alex) Sprints	No Pain No Gain	
	Redfern Oval	Redfern Oval	Redfern Oval	St Lukes Clovelly	Redfern Oval	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 19 May 2014	Tuesday @ 6am 20 May 2014	Wednesday @ 6am 21 May 2014	Thursday @ 6am 22 May 2014	Friday @ 6am 23 May 2014	Saturday @ 7am 24 May 2014	WEEK 3
	Kettle Bells (Adam) Run for Endurance	Body Blast (Alex)	Boxing (Adam)	Yoga	Kettle Bells (Adam) Sprints	No Pain No Gain	
	Redfern Oval	Redfern Oval	Redfern Oval	St Lukes Clovelly	Redfern Oval	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 26 May 2014	Tuesday @ 6am 27 May 2014	Wednesday @ 6am 28 May 2014	Thursday @ 6am 29 May 2014	Friday @ 6am 30 May 2014	Saturday @ 7am 31 May 2014	WEEK 4
	Pumping Iron (Adam) Run for Endurance	Body Blast (Alex)	Boxing (Adam)	Yoga	Pumping Iron (Adam) Sprints	Mega Session	
	Redfern Oval	Redfern Oval	Redfern Oval	St Lukes Clovelly	Redfern Oval	TBC	
	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						May Events & Announcements * w/c 5th - Some indoor options start * 11th May - Mothers Day Classic Fun Run * 18th May - SMH Half Marathon	NEWS / EVENTS
	Tuesday @ 6am	Tuesday @ 6am	Thursday @ 6am	Thurs Long Runs @ 6am			
Wk 1	Yoga St Lukes Clovelly	Pilates Ballast Point, Balmain	Yoga Bi-Centennial Park, Glebe	Long Run Rushcutters Park North			
Wk 2	Yoga St Lukes Clovelly	Pilates Ballast Point, Balmain	Yoga Bi-Centennial Park, Glebe	Long Run Lyne Park, Rose Bay			
Wk 3	Yoga St Lukes Clovelly	Pilates Ballast Point, Balmain	Yoga Bi-Centennial Park, Glebe	Long Run Bronte Beach			
Wk 4	Yoga St Lukes Clovelly	Pilates Ballast Point, Balmain	Yoga Bi-Centennial Park, Glebe	Long Run Coogee 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	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 whoope 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	