
	<b>Redfern 6am</b> evolutiontowelling.com <b>Adam Shorter</b> 0448 221 326 <a href="mailto:adams@etwgroup.com">adams@etwgroup.com</a>		<b>Redfern Park</b> Meeting place is located near the sculptures, about 20 meters north of the cafe on the Chalmers st side of the park.	<b>Wet Weather @ Redfern</b> Meet at the entrance of the stadium if raining	<b>St Lukes Clovelly</b> On the Corner of Arden & Varna Street, Clovelly. The hall is just on the left down Varna Street parking available		<b>2014</b>

WEEK 1	Monday @ 6am <b>28 July 2014</b>	Tuesday @ 6am <b>29 July 2014</b>	Wednesday @ 6am <b>30 July 2014</b>	Thursday @ 6am <b>31 July 2014</b>	Friday @ 6am <b>1 August 2014</b>	Saturday @ 7am <b>2 August 2014</b>	WEEK 1
	Medballs (Alex) <b>Run for Endurance</b>	<b>Body Blast</b> (Adam)	<b>Boxing</b> (Alex)	<b>Body Blast</b> (Adam)	Medballs (Alex) <b>Sprints</b>	<b>No Pain No Gain</b>	
	Redfern Oval	Redfern Oval	Redfern Oval	Redfern Oval	Redfern Oval	Queens Park	
	Attending this session? <b>YES NO</b>	Attending this session? <b>YES NO</b>	Attending this session? <b>YES NO</b>	Attending this session? <b>YES NO</b>	Attending this session? <b>YES NO</b>	Attending this session? <b>YES NO</b>	

WEEK 2	Monday @ 6am <b>4 August 2014</b>	Tuesday @ 6am <b>5 August 2014</b>	Wednesday @ 6am <b>6 August 2014</b>	Thursday @ 6am <b>7 August 2014</b>	Friday @ 6am <b>8 August 2014</b>	Saturday @ 7am <b>9 August 2014</b>	WEEK 2
	Deadballs (Alex) <b>Run for Endurance</b>	<b>Body Blast</b> (Adam)	<b>Boxing</b> (Alex)	<b>Body Blast</b> (Adam)	Deadballs (Alex) <b>Sprints</b>	<b>No Pain No Gain</b>	
	Redfern Oval	Redfern Oval	Redfern Oval	Redfern Oval	Redfern Oval	Centennial Park	
	Attending this session? <b>YES NO</b>	Attending this session? <b>YES NO</b>	Attending this session? <b>YES NO</b>	Attending this session? <b>YES NO</b>	Attending this session? <b>YES NO</b>	Attending this session? <b>YES NO</b>	

WEEK 3	Monday @ 6am <b>11 August 2014</b>	Tuesday @ 6am <b>12 August 2014</b>	Wednesday @ 6am <b>13 August 2014</b>	Thursday @ 6am <b>14 August 2014</b>	Friday @ 6am <b>15 August 2014</b>	Saturday @ 7am <b>16 August 2014</b>	WEEK 3
	Kettle Bells (Adam) <b>Run for Endurance</b>	<b>Body Blast</b> (Alex)	<b>Boxing</b> (Adam)	<b>Yoga</b>	Kettle Bells (Adam) <b>Sprints</b>	<b>No Pain No Gain</b>	
	Redfern Oval	Redfern Oval	Redfern Oval	St Lukes Clovelly	Redfern Oval	Lyne Park	
	Attending this session? <b>YES NO</b>	Attending this session? <b>YES NO</b>	Attending this session? <b>YES NO</b>	Attending this session? <b>YES NO</b>	Attending this session? <b>YES NO</b>	Attending this session? <b>YES NO</b>	

WEEK 4	Monday @ 6am <b>18 August 2014</b>	Tuesday @ 6am <b>19 August 2014</b>	Wednesday @ 6am <b>20 August 2014</b>	Thursday @ 6am <b>21 August 2014</b>	Friday @ 6am <b>22 August 2014</b>	Saturday @ 7am <b>23 August 2014</b>	WEEK 4
	Pumping Iron (Adam) <b>Run for Endurance</b>	<b>Body Blast</b> (Alex)	<b>Boxing</b> (Adam)	<b>Yoga</b>	Pumping Iron (Adam) <b>Sprints</b>	<b>Mega Session</b>	
	Redfern Oval	Redfern Oval	Redfern Oval	St Lukes Clovelly	Redfern Oval	Centennial Park	
	Attending this session? <b>YES NO</b>	Attending this session? <b>YES NO</b>	Attending this session? <b>YES NO</b>	Attending this session? <b>YES NO</b>	Attending this session? <b>YES NO</b>	Attending this session? <b>YES NO</b>	

OTHER OPTIONS						<b>Aug Events &amp; Announcements</b> * 7th Aug - You Move Me Night * 10th Aug - City 2 Surf * 16th Aug - Winter Warrior Dip Click for more info...	NEWS / EVENTS
	Tuesday @ 6am	Tuesday @ 6am	Thursday @ 6am	Thurs Long Runs @ 6am			
Wk 1	<b>Yoga</b>	<b>Pilates</b>	<b>Yoga</b>	<b>Long Run</b>			
	St Lukes Clovelly	St Johns Hall, Birchgrove	St Lukes Clovelly	Rushcutters Park North			
Wk 2	<b>Yoga</b>	<b>Pilates</b>	<b>Yoga</b>	<b>Long Run</b>			
	St Lukes Clovelly	St Johns Hall, Birchgrove	St Lukes Clovelly	Lyne Park, Rose Bay			
Wk 3	<b>Yoga</b>	<b>Pilates</b>	<b>Yoga</b>	<b>Long Run</b>			
	St Lukes Clovelly	St Johns Hall, Birchgrove	Bi-Centennial Park, Glebe	Bronte Beach			
Wk 4	<b>Yoga</b>	<b>Pilates</b>	<b>Yoga</b>	<b>Long Run</b>			
	St Lukes Clovelly	St Johns Hall, Birchgrove	Bi-Centennial Park, Glebe	Coogee Beach			

SESSIONS	<b>Agility Blast</b> improve agility, balance & co-ordination	<b>Mega Session</b> a double session (90 mins) of weights & cardio	<b>Resistance Tubes</b> total body conditioning with resistance tubes	SESSIONS
	<b>Challenge Yourself</b> Set a benchmark & next time around you can beat it	<b>Moving Circuit</b> keep on moving and use the park for a cardio blast	<b>Run for Endurance</b> work on your endurance with a 25 mins run	
	<b>Circuit Combo</b> total body workout with or without equipment	<b>No Pain No Gain</b> a surprise circuit, bodyweight or equipment based	<b>Shield Yourself</b> strength, stability and core work using kick shields	
	<b>Core, Cones and Hills</b> strengthening & core blast alternated with hills	<b>Pilates</b> improve posture and core strength	<b>Sprinting</b> a great interval based cardio workout	
	<b>Double Grip Med Balls</b> add 2 handles and it's a whoope new (med) ball game	<b>Power Punch</b> punch like a heavy weight to build power & endurance	<b>Sprints</b> short and sweet for an awesome metabolic boost	
	<b>Kayaking</b> feed your soul on the Harbour with a morning paddle	<b>Power Ropes</b> build your strength endurance & cardio capacity	<b>Tone &amp; Balance</b> improve your core strength & stability	
	<b>Kettlebells</b> develop functional, whole body strength	<b>Power Up</b> use dumbbells to improve your dynamic strength	<b>Tough Enough</b> get down & dirty with a tough bodyweight session	
	<b>Medicine Ball Mayhem</b> using medball for added resistance	<b>Pumping Iron</b> using barbells & weights, improve your strength	<b>Yoga</b> improve flexibility core and mind body connection	

OUR PARTNERS				OUR PARTNERS	
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