

		<b>Maroubra 6am</b> evolutiontowellbeing.com <b>Adam Shorter</b> 0448 221 326 <a href="mailto:adams@etwgroup.com">adams@etwgroup.com</a> (Alex - 0497 479 786)	<b>Maroubra Beach</b> We meet at the South End of Arthur Bryne Reserve, next to the South Maroubra Surf Life Saving Club	<b>Coogee Beach</b> Parking is available in the public car park at the end of Dolphin Street (North end of beach). Meeting place is in the park area immediately adjacent to the parking lot	<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>St Nicolas' Church, Coogee</b> 123 Brook St, Coogee. Entrance to hall is on Carr St. Nearest corner street is Carr St.	2014
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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
	Deadballs (Adam) <b>Interval Runs</b>	Body Blast (Alex) <b>Moving Circuit</b>	<b>Cardio Boxing</b> (Adam)	<b>No Pain No Gain</b> (Alex) <b>Cardio Boxing</b>	Deadballs (Adam) <b>Sprints</b>	<b>No Pain No Gain</b>	
	<b>Maroubra Beach</b>	<b>Maroubra Beach</b>	<b>Maroubra Beach</b>	<b>Maroubra Beach</b>	<b>Maroubra Beach</b>	<b>Queens Park</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>	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
	Pumping Iron (Adam) <b>Interval Runs</b>	Body Blast (Alex) <b>Moving Circuit</b>	<b>Cardio Boxing</b> (Adam)	<b>No Pain No Gain</b> (Alex) <b>Long Run</b>	Pumping Iron (Adam) <b>Sprints</b>	<b>No Pain No Gain</b>	
	<b>Maroubra Beach</b>	<b>Maroubra Beach</b>	<b>Maroubra Beach</b>	<b>Maroubra Beach</b>	<b>Maroubra Beach</b>	<b>Centennial Park</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>	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
	Medicine Ball Mayhem (Alex) <b>Interval Runs</b>	Body Blast (Adam) <b>Moving Circuit</b>	<b>Cardio Boxing</b> (Alex)	<b>No Pain No Gain</b> (Adam) <b>Cardio Boxing</b>	Medicine Ball Mayhem (Alex) <b>Sprints</b>	<b>No Pain No Gain</b>	
	<b>Maroubra Beach</b>	<b>Maroubra Beach</b>	<b>Maroubra Beach</b>	<b>Maroubra Beach</b>	<b>Maroubra Beach</b>	<b>Lyne Park</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>	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
	Power Up (Alex) <b>Interval Runs</b>	Body Blast (Adam) <b>Moving Circuit</b>	<b>Cardio Boxing</b> (Alex)	<b>No Pain No Gain</b> (Adam) <b>Cardio Boxing</b>	Power Up (Alex) <b>Sprints</b>	<b>Mega Session</b>	
	<b>Maroubra Beach</b>	<b>Maroubra Beach</b>	<b>Maroubra Beach</b>	<b>Maroubra Beach</b>	<b>Maroubra Beach</b>	<b>Centennial Park</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>	Attending this session? <b>YES NO</b>	

OTHER OPTIONS					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>	
	<b>St Lukes Clovelly</b>	<b>St Nics Church Clovelly</b>	<b>St Lukes Clovelly</b>	<b>Rushcutters Park North</b>	
Wk 2	<b>Yoga</b>	<b>Pilates</b>	<b>Yoga</b>	<b>Long Run</b>	
	<b>St Lukes Clovelly</b>	<b>St Nics Church Clovelly</b>	<b>St Lukes Clovelly</b>	<b>Maroubra</b>	
Wk 3	<b>Yoga</b>	<b>Pilates</b>	<b>Yoga</b>	<b>Long Run</b>	
	<b>St Lukes Clovelly</b>	<b>St Nics Church Clovelly</b>	<b>St Lukes Clovelly</b>	<b>Bronte Beach</b>	<div> Aug Events &amp; Announcements </div> <div> * 7th Aug - You Move Me Night  * 10th Aug - City 2 Surf  * 16th Aug - Winter Warrior Dip  Click for more info... </div>
Wk 4	<b>Yoga</b>	<b>Pilates</b>	<b>Yoga</b>	<b>Long Run</b>	
	<b>St Lukes Clovelly</b>	<b>St Nics Church Clovelly</b>	<b>St Lukes Clovelly</b>	<b>Coogee Beach</b>	

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>Skipping</b> a great interval based cardio workout	
	<b>Double Grip Med Balls</b> add 2 handles and it's a whope 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 dumbells 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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