OUR MANIFESTO,

Our manifesto, as our Company name suggests is **organic** and ever **evolving**.

It forms the basis of all that we do and how we relate to ourselves, to our work mates, to our clients, to our community and to the world at large. It is the basis of our commitment to being and creating something extraordinary by supporting others to create lives that work.

The program and the business are founded on the idea of sustainability. Sustaining a great community. Remembering that a result is not a result unless it is sustainable. Remembering that for our world to work we need to live in a sustainable way in all that we do. This underpins every aspect of evolution the business and how it engages with all stakeholders - evolutionaries, staff, clients, suppliers, local communities and all others who come into contact with us.



OUR PROGRAM,

Evolution starts at 6am, our group outdoor fitness program is our signature offering. However, its elements, the five pillars denoted by the acronym FAVAC can be found in all that we do:

Flexibility:

frequency & utilisation of sessions, locations, content and evolutionary support.

Accountability:

We partner you in accountablity. Starting with attendance & finishing with results -a life that works

Variety:

Different locations, trainers, session content, days, people, demographics & ability levels

Affordability:

A price point for sessions that is attainable & a policy that caters for a clients life situation

Community:

Local, like minded, open, authentic, far reaching, connected and nurtured



OUR EVOLUTIONARY PRINCIPLES,

Our guiding principles are like ways of being that we are committed to bringing to all that we do and maintaining them as the basis of our life philosophy. This encompasses who we are personally and professionally. They are encapsulated in and include the following evolutionary principles.

It's all about them: We make every conversation or interaction about others and what they need. Said simply, "If I help enough people to create a life that works for them then life will automatically work for me."

Integrity: Is the foundation of my success in my KLIK and in my life. Integrity is being my word, doing what I say that I am going to do. It is the basis of commitment. As a Leader of people, I know that the only thing missing when someone does not do what he or she says they are going to do is a compelling reason.

Inspiration & Purpose: I do something that I love and something that makes a difference and I make more money time and have fun doing it. That is part of why I am privileged to do what I do.



The butterfly effect and consistency in all things:

One small act of seemingly insignificant consequence can create great impact. In that context ONLY the little things matter.

I am the space in which it happens: It is always, only and ever about who I am being. So if I am the space then I am responsible and if that is true then there is only ever one question to ask "Where am I responsible?" In that context I seek first to understand and then be understood.

Clients are always saying or thinking the following (whether consciously or unconsciously) about me:

If their answer to that question is a consistent YES then I will always succeed. We call that question the ONE. If I get the ONE question right then I will experience the incredible rewards of success.

DO I RESPECT YOU?
DO I TRUST YOU?
WILL YOU
TAKE CARE OF ME?





Understanding how your Timetable works

Your training locations

Your fitness level & Intensity

What to bring to sessions

We train rain, hail or shine

Evolution Outdoors runs 48 weeks per year. Activities change daily & include yoga, kayaking, boxing, kettlebells, pilates, ropes, barbells & medicine ball workouts to name but a few. Sessions are distinguished according to the focus of the workout & fall into one of 3 colour coded categories. The focus of RED sessions is on cardiovascular fitness e.g. boxing / running, BLUE on building strength e.g. kettlebells & GREEN on flexibility / mind-body awareness e.g. pilates & yoga. All this is contained in your KLIK specific timetable which is reviewed & updated every 4 weeks. It's available at your sessions or on the website

Your KLIK (group) has a Primary location on at least 3 days a week usually Monday, Wednesday & Friday. Tuesday, Thursday and Saturday classes move around. This helps to create variety and mix things up a bit while also giving you the option to just train in one location. Session locations & meeting spots can be found on your KLIK specific timetable. You can also Google "evolution where do we train" or go to the location link on our website http://www.evolutiontowellbeing.com.au/Home/Locations

The program is designed to cater for a range of different fitness and ability levels in such a way that your individual needs are met and you get to train at a level of intensity appropriate to you. That is also the rationale behind the "obligation free" trial week. This is the best way to determine whether evolution is the workout you are looking for. In that way you get to make an informed decision about becoming an ongoing member. Too easy!

We provide everything from kayaks to boxing gloves, mats to medicine balls. All you need to bring is the right clothing, a great attitude and a smile. It's also advisable to bring bottled water to every session and appropriate footwear - Improper or inadequate footwear is one of the main causes of injury during exercise. If you are using a minimalist (barefoot type) shoe please make sure you are used to using it and schooled in correct running technique. In summer sun screen is advisable and in winter wear lots of layers of light clothing, gloves and compression garments. Your evolutionary is well schooled in what to wear and how to look really trendy at the same time. Nice!

Evolution launched in 2001 and in that time we have never cancelled a session. So YES we train rain, hail or shine!! On particularly wet days, we have an alternative indoor location. If relocating, you will receive a text message from your trainer within 30 minutes of the class. Remember there is no such thing as bad weather just inappropriate clothing. Got it!





Your health

Where appropriate we can manage injuries & health concerns and will consult with a medical practitioner where necessary. You must complete the online pre exercise questionnaire before attending your first session. It is also imperative that you let your trainer (or instructor teaching the class) know about any health concerns that you might have so that you can both make an informed decision about what type of participation is appropriate. Remember that a fitness habit is all about sustainability - so lets make it a long term journey.

Your goals

Think of your lead trainer (Evolutionary) as your Personal Trainer come Life Coach. They will support you to create a consistent exercise habit & a life that works. We cater for your individual needs in a group environment. This is one of the unique aspects of the program.

Your trainer's support

Your evolutionary (instructor) will set up an accountability structure with you. At the beginning of each week they will touch base with you to find out what your intended sessions are for the upcoming week. They will then support you to turn them from an intention to a reality. All session attendance is recorded and tracked. This is an essential tool in creating an on going habit.

Your training is changing the world

In May 2012 evolution launched the You Move Me Project an initiative aimed at providing prosthetic limbs to amputees in need. The first country of focus is Bolivia and the way that project works is truly unique and very inspiring. All you need to do is commit to your own training. If your KLIK hits its 4 week session attendance milestones then evolution (Evo HQ and your Evolutionary) will donate a prosthetic limb to an amputee on your behalf. How awesome is that!

Your session attendance

What makes evolution unique and ideal is that your attendance pattern is totally up to you. You are not bound to particular sessions or days in any week. We roll call each class and track your attendance. You have 4 weeks within which to complete your allotted number of prepaid sessions. What that means is that if you do not turn up for a session you don't lose it, you merely make it up. So, all you need to do is complete your prepaid sessions within the allotted 4 week period. How cool is that!

Your Evolution internet site

Everything you need to know or need to do with regards to your evolution training is on our website. Timetables, location finders, membership completions, freeze requests, and all other relevant links are all in the 'Members Area" drop down. That makes the whole process totally seamless so that you can focus on the most important thing - your training. How sweet is that! If you have any issues, your Evolutionary is trained and resourced to handle any of them. Try us just for fun!



your evolution experience FAQ sheet. COOL!

Membership Options & Prices

OPTION	SESSIONS	COST	PAUSES?	JOINING FEE
Ultimate Flexibility	Unlimited	\$57.25 per week (billed 4 weekly at \$229)	Free	\$0
Keen & Committed	12 per 4 weeks	\$52.25 per week (billed 4 weekly at \$209)	Free	\$0
Evo Essentials	8 per 4 weeks	\$47.25 per week (billed 4 weekly at \$189)	\$10 per week	\$29

How your membership works

The program runs in 12 four week cycles each year. You can join at any time in each 4 week cycle. Your initial payment will be prorated according to the week that you join and if you choose the 8 pack, will include the one off joining fee of \$29. Thereafter, you are billed at the beginning of each 4 week block. Your prepaid sessions must be completed in whatever frequency you like over the 4 week period. You are not bound to any contract and if you choose to stop training all we require is two weeks notice and the completion of our on line form. All your admin needs are handled directly by your Evolutionary (lead trainer) which means you only ever need one point of contact at evolution. How easy is that!

Your community

Your KLIK / training group is your very own community. Each and every KLIK is both location and time slot specific. For example the Coogee 6am KLIK is distinct from the Coogee 7am KLIK. The reason we encourage you to train in one time slot and with one group is because that is what links you to one another and supports you in creating both accountability and connection with other group members. 12 years of running the program has taught us how to create an optimal number of people in each group supported by an evolutionary and second trainer. Ultimately you get to hang out each morning with people you really enjoy being with. Who knows what will happen from there.

Your events Social & other

Social events are encouraged on an individual KLIK basis and on a larger scale. From trivia nights to lawn bowls, from fun runs like City to Surf, to adventures like the Mud Run, from our own version of the amazing race to weekend retreats. We are your wellbeing community and you can dip in and out as you please. Most KLIK's have their own Facebook pages to support KLIK specific happenings. We also have an Evo HQ page that keeps you up to speed on a larger scale. Please be our friend or 'Like' us at the very least. We will make it worth your while!



your training session Locations.

Refer to the timetable to see where your training session is taking place.



Balmain evolutionstartsat6am.com John Clarke 0406 786 624 johnc@etwgroup.com

Ballast Point

Situated in Birchgrove overlooking Mort Bay & Sydney Harbour the park is located atr the end of Ballast Point Road.





Leichhardt Oval 3

On the Bay Run, near La Montagne and the Aquatic Centre on Maliyawul Street. Turn off Perry Street on to Commercial or Frazer and follow the roads down to Maliyawul.





Centennial Park

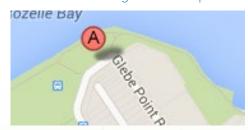
At the very end of Glebe Point Rd where Glebe Point Rd becomes Federal Rd. Meet in the park closest to Federal Rd at the Anzac Bridge end of the park.





Bi-Centennial Park

At the very end of Glebe Point Rd where Glebe Point Rd becomes Federal Rd. Meet in the park closest to Federal Rd at the Anzac Bridge end of the park.





your training session Locations.

Refer to the timetable to see where your training session is taking place.



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Callan Park - Wet Weather Only

Situated within the grounds of Rozelle Hospital the best way to get there is down the end of Wharf Road turning left onto Waterfront Drive





Lyne Park

Located off New South Head Road in Rose Bay. Closest cross street is Elanora. The meeting spot is 50m east of the Rose Bay Ferry Wharf





St Johns Hall Balmain

Official address for the church is corner of Spring St & Birchgrove Rd Balmain, but the hall we use is on Thomas St.

