



<b>July</b>	 <b>Bronte 6am</b> evolutiontowelling.com <b>Matt Buckland</b> 0403 182 821 matt@etwgroup.com	<b>Bronte Park</b> We meet at the southern end of the park adjacent to the beach. Our meeting spot is next to the little green garage that houses the children's train.	<b>Queens Park</b> East end of queens park, park on Darley Road just off Carrington, near the cricket pavillion. Walk down the steps to meet outside the pavillion.	<b>St Luke Church, Clovelly</b> On the Corner of Arden & Varna Street, Clovelly. The hall is just on the left down Varna Street parking available	 <b>2013</b>
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<b>WEEK 1</b>	Monday @ 6am <b>29 July 2013</b>	Tuesday @ 6am <b>30 July 2013</b>	Wednesday @ 6am <b>31 July 2013</b>	Thursday @ 6am <b>1 August 2013</b>	Friday @ 6am <b>2 August 2013</b>	Saturday @ 7am <b>3 August 2013</b>	<b>WEEK 1</b>
	Boxing &/or <b>30 Minute Run</b>	No Pain No Gain (plus indoor yoga option)	Double Grip Med Balls Mobility & <b>Agility Blast</b>	No Pain No Gain (plus indoor yoga option)	Double Grip Med Balls & <b>Agility Blast</b>	No Pain No Gain	
	Bronte Park	Bronte Park	Bronte Park	Bronte Park	Bronte Park	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>	

<b>WEEK 2</b>	Monday @ 6am <b>5 August 2013</b>	Tuesday @ 6am <b>6 August 2013</b>	Wednesday @ 6am <b>7 August 2013</b>	Thursday @ 6am <b>8 August 2013</b>	Friday @ 6am <b>9 August 2013</b>	Saturday @ 7am <b>10 August 2013</b>	<b>WEEK 2</b>
	Boxing &/or <b>30 Minute Run</b>	No Pain No Gain (plus indoor yoga option)	Pumping Iron Mobility & <b>Sprints</b>	No Pain No Gain (plus indoor yoga option)	Pumping Iron & <b>Moving Circuit</b>	No Pain No Gain	
	Bronte Park	Bronte Park	Bronte Park	Bronte Park	Bronte Park	Bondi Beach	
	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>	

<b>WEEK 3</b>	Monday @ 6am <b>12 August 2013</b>	Tuesday @ 6am <b>13 August 2013</b>	Wednesday @ 6am <b>14 August 2013</b>	Thursday @ 6am <b>15 August 2013</b>	Friday @ 6am <b>16 August 2013</b>	Saturday @ 7am <b>17 August 2013</b>	<b>WEEK 3</b>
	Boxing &/or <b>30 Minute Run</b>	No Pain No Gain (plus indoor yoga option)	Medicine Ball Mayhem Mobility & <b>Sprints</b>	No Pain No Gain (plus indoor yoga option)	Medicine Ball Mayhem & <b>Moving Circuit</b>	No Pain No Gain	
	Bronte Park	Bronte Park	Bronte Park	Bronte Park	Bronte Park	Bronte 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>	


<b>WEEK 4</b>	Monday @ 6am <b>19 August 2013</b>	Tuesday @ 6am <b>20 August 2013</b>	Wednesday @ 6am <b>21 August 2013</b>	Thursday @ 6am <b>22 August 2013</b>	Friday @ 6am <b>23 August 2013</b>	Saturday @ 7am <b>24 August 2013</b>	<b>WEEK 4</b>
	Boxing &/or <b>30 Minute Run</b>	No Pain No Gain (plus indoor yoga option)	Power Up Mobility & <b>Sprints</b>	No Pain No Gain (plus indoor yoga option)	Power Up & <b>Moving Circuit</b>	Mega Session	
	Bronte Park	Bronte Park	Bronte Park	Bronte Park	Bronte Park	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**

	Tuesday @ 6am Indoors	Thursday @ 6am Indoors	Thurs Long Runs @ 6am
Wk 1	Yoga and Circuit <b>St Lukes Church, Clovelly</b>	Yoga <b>St Lukes Church, Clovelly</b>	Long Run <b>Rushcutters Park North</b>
Wk 2	Yoga and Circuit <b>St Lukes Church, Clovelly</b>	Yoga <b>St Lukes Church, Clovelly</b>	Long Run <b>Lyne Park, Rose Bay</b>
Wk 3	Yoga and Circuit <b>St Lukes Church, Clovelly</b>	Yoga <b>St Lukes Church, Clovelly</b>	Long Run <b>Bronte Beach</b>
Wk 4	Yoga and Circuit <b>St Lukes Church, Clovelly</b>	Yoga <b>St Lukes Church, Clovelly</b>	Long Run <b>Coogee Beach</b>

<b>NEWS / EVENTS</b>	<p><b>Are you a Winter Warrior??</b></p> <ol style="list-style-type: none"> <li><b>1. Make your Warrior Commitment</b> You commit to 12 weeks training Rain or Shine! June 3-Aug 24 and tell the world you're a Warrior! @evolutiontowelling</li> <li><b>2. Get the t-shirt and wear your warrior with pride</b> Pre-order available 3rd June</li> <li><b>3. Be rewarded for your valour &amp; bring your friends</b> <i>A Warrior laughs in the face of the weather and shall be rewarded!</i></li> <li><b>4. Show us on Facebook and Instagram</b> Post photographic evidence of your Warrior Wellness activities #winterwarrior @evo2wellbeing</li> </ol>
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<b>SESSIONS</b>	<b>Agility Blast</b> improve agility, balance & co-ordination <b>Challenge Yourself</b> Set a benchmark & next time around you can beat it <b>Circuit Combo</b> total body workout with or without equipment <b>Core, Cones and Hills</b> strengthening & core blast alternated with hills <b>Double Grip Med Balls</b> add 2 handles and it's a whoope new (med) ball game <b>Kayaking</b> feed your soul on the Harbour with a morning paddle <b>Kettlebells</b> develop functional, whole body strength <b>Medicine Ball Mayhem</b> using medball for added resistance	<b>Mega Session</b> a double session (90 mins) of weights & cardio <b>Moving Circuit</b> keep on moving and use the park for a cardio blast <b>No Pain No Gain</b> a surprise circuit, bodyweight or equipment based <b>Pilates</b> improve posture and core strength <b>Power Punch</b> punch like a heavy weight to build power & endurance <b>Power Ropes</b> build your strength endurance & cardio capacity <b>Power Up</b> use dumbbells to improve your dynamic strength <b>Pumping Iron</b> using barbells & weights, improve your strength	<b>Resistance Tubes</b> total body conditioning with resistance tubes <b>Run for Endurance</b> work on your endurance with a 25 mins run <b>Shield Yourself</b> strength, stability and core work using kick shields <b>Skipping</b> a great interval based cardio workout <b>Sprints</b> short and sweet for an awesome metabolic boost <b>Tone &amp; Balance</b> improve your core strength & stability <b>Tough Enough</b> get down & dirty with a tough bodyweight session <b>Yoga</b> improve flexibility core and mind body connection	<b>SESSIONS</b>
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<b>OUR PARTNERS</b>	<p>The mind &amp; body are inextricably linked: the body speaks the mind.</p> <p>Do you suffer from a physical or emotional condition such as back pain, anxiety, phobias, fear of public speaking, low self-esteem or feelings of I'm not good enough and I'm a failure.</p> <p>If you suffer from an emotional or physical condition, then there is a reason why your body has felt the need to create it.</p> <p>Discover, resolve and heal the hidden causes of your life stresses and physical health.</p> <p>If you would like to find out more contact Debbie on 0402 010 799 or debbie@debbiespellman.com</p>  <p>www.debbiespellman.com</p>
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