



July	 evolution to wellbeing	Rushcutters North 6am evolutiontowellbeing.com Rob Meneses 0418 99 66 89 rob@etwgroup.com	Rushcutters Park North Located on the corner of New South Head Road & New Beach Road. We meet in the park approximately 50 metres North of the cafe	Darlinghurst Public School Corner of Barcom Avenue & Liverpool Street. Entry gate is opposite 154 Barcom Avenue.	The Bay Room, 45 Bay St 45 Bay Street in Double Bay, on the corner where Knox Street and Guilfoyle Avenue meet.	 WINTERWARRIOR	2013

WEEK 1	Monday @ 6am 29 July 2013	Tuesday @ 6am 30 July 2013	Wednesday @ 6am 31 July 2013	Thursday @ 6am 1 August 2013	Friday @ 6am 2 August 2013	Saturday @ 7am 3 August 2013	WEEK 1
	Power Ropes & Run for Endurance	Hardcore Core & Sprints	Power Ropes & Resistance Tubes	No Pain No Gain (plus indoor yoga option)	Boxing	No Pain No Gain	
	Rushcutters Park North Attending this session? YES NO	Rushcutters Park North Attending this session? YES NO	Rushcutters Park North Attending this session? YES NO	Rushcutters Bay Park Attending this session? YES NO	Rushcutters Park North Attending this session? YES NO	Queens Park Attending this session? YES NO	

WEEK 2	Monday @ 6am 5 August 2013	Tuesday @ 6am 6 August 2013	Wednesday @ 6am 7 August 2013	Thursday @ 6am 8 August 2013	Friday @ 6am 9 August 2013	Saturday @ 7am 10 August 2013	WEEK 2
	Power Up & Sprints	Hardcore Core & Sprints	Power Up & Moving Circuit	No Pain No Gain (plus indoor yoga option)	Boxing	No Pain No Gain	
	Rushcutters Park North Attending this session? YES NO	Rushcutters Park North Attending this session? YES NO	Rushcutters Park North Attending this session? YES NO	Rushcutters Bay Park Attending this session? YES NO	Rushcutters Park North Attending this session? YES NO	Centennial Park Attending this session? YES NO	

WEEK 3	Monday @ 6am 12 August 2013	Tuesday @ 6am 13 August 2013	Wednesday @ 6am 14 August 2013	Thursday @ 6am 15 August 2013	Friday @ 6am 16 August 2013	Saturday @ 7am 17 August 2013	WEEK 3
	Kettlebells & Run for Endurance	Hardcore Core & Sprints	Kettlebells & Agility Blast	No Pain No Gain (plus indoor yoga option)	Boxing	No Pain No Gain	
	Rushcutters Park North Attending this session? YES NO	Rushcutters Park North Attending this session? YES NO	Rushcutters Park North Attending this session? YES NO	Rushcutters Bay Park Attending this session? YES NO	Rushcutters Park North Attending this session? YES NO	Lyne Park Attending this session? YES NO	

WEEK 4	Monday @ 6am 19 August 2013	Tuesday @ 6am 20 August 2013	Wednesday @ 6am 21 August 2013	Thursday @ 6am 22 August 2013	Friday @ 6am 23 August 2013	Saturday @ 7am 24 August 2013	WEEK 4
	Pumping Iron & Run for Endurance	Hardcore Core & Sprints	Pumping Iron & Moving Circuit	No Pain No Gain (plus indoor yoga option)	Boxing	Mega Session	
	Rushcutters Park North Attending this session? YES NO	Rushcutters Park North Attending this session? YES NO	Rushcutters Park North Attending this session? YES NO	Rushcutters Bay Park Attending this session? YES NO	Rushcutters Park North Attending this session? YES NO	Centennial Park Attending this session? YES NO	

OTHER OPTIONS

	Tuesday @ 6am Indoors	Thursday @ 6am Indoors	Thurs Long Runs @ 6am
Wk 1	Yoga and Circuit	Yoga	Long Run
	St Lukes Church, Clovelly	45 Bay St, Double Bay	Rushcutters Park North
Wk 2	Yoga and Circuit	Yoga	Long Run
	St Lukes Church, Clovelly	45 Bay St, Double Bay	Lyne Park, Rose Bay
Wk 3	Yoga and Circuit	Yoga	Long Run
	St Lukes Church, Clovelly	45 Bay St, Double Bay	Bronte Beach
Wk 4	Yoga and Circuit	Yoga	Long Run
	St Lukes Church, Clovelly	45 Bay St, Double Bay	Coogee Beach

Are you a Winter Warrior??

- 1. Make your Warrior Commitment**
You commit to 12 weeks training Rain or Shine! June 3-Aug 24 and tell the world you're a Warrior! @evolutiontowellbeing
- 2. Get the t-shirt and wear your warrior with pride**
Pre-order available 3rd June
- 3. Be rewarded for your valour & bring your friends**
A Warrior laughs in the face of the weather and shall be rewarded!
- 4. Show us on Facebook and Instagram**
Post photographic evidence of your Warrior Wellness activities
#winterwarrior @evo2wellbeing

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 whope 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	 50 McLachlan Darlinghurst Open early till 4pm Mon-Fri	 For all your shoes & apparel needs. Say hi to Alister & Gerald & tell them Evo sent you!!	 16, 24-30 Springfield Ave Potts Point (above Harris Farm Markets) 9380 7232	 Massage, Ayurvedic body treatments or relaxation services of the highest quality	OUR PARTNERS
				Upstairs, 136a Queen St Woollahra purewellbeing.com.au 9362 5886	