



July		Balmoral 6am evolutiontowellbeing.com Rod Cotty 0405 27 25 32 rod@etwgroup.com	Balmoral Beach We meet on the Southern end of the Balmoral Oval in front of the Scout Hall. Drive as far as possible into the big parking lot and we are on the right-hand side	St Leonards Park Near the corner of Ridge & Walker Street we meet on the basketball courts, close to the bowling club.	St Joseph's Church Hall Corner of Lindsay St and Bydown St.		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
	Boxing	Circuit Combo (Pilates now indoors)	Challenge Yourself	Long Run (40 min) & Core (Yoga now indoors)	Medicine Ball Mayhem & Sprints	No Pain No Gain	
	Balmoral Beach	St Leonards Park	Balmoral Beach	St Leonards Park	Balmoral Beach	Queens Park	
Attending this session?		Attending this session?		Attending this session?		Attending this session?	
YES NO		YES NO		YES NO		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
	Boxing	Circuit Combo (Pilates now indoors)	Power Bags & No Pain No Gain	Long Run (40 min) & Core (Yoga now indoors)	Power Bags & Sprints	No Pain No gain	
	Balmoral Beach	St Leonards Park	Balmoral Beach	Waverton Park	Balmoral Beach	St Leonards Park	
Attending this session?		Attending this session?		Attending this session?		Attending this session?	
YES NO		YES NO		YES NO		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
	Boxing	Circuit Combo (Pilates now indoors)	Kettlebells & Skipping	Long Run (40 min) & Core (Yoga now indoors)	Kettlebells & Sprints	No Pain No Gain	
	Balmoral Beach	St Leonards Park	Balmoral Beach	Balmoral Beach	Balmoral Beach	Lyne Park	
Attending this session?		Attending this session?		Attending this session?		Attending this session?	
YES NO		YES NO		YES NO		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
	Boxing	Circuit Combo (Pilates now indoors)	Pumping Iron & Body Blast	Long Run (40 min) & Core (Yoga now indoors)	Pumping Iron & Sprints	Mega Session	
	Balmoral Beach	St Leonards Park	Balmoral Beach	Bradfield Park, Kirribilli	Balmoral Beach	Centennial Park	
Attending this session?		Attending this session?		Attending this session?		Attending this session?	
YES NO		YES NO		YES NO		YES NO	

OTHER OPTIONS

	Tuesday @ 6am Indoors	Thursday @ 6am Indoors	Thurs Long Runs @ 6am
Wk 1	Pilates	Yoga	Long Run
	St Joseph's Neutral Bay	St Joseph's Neutral Bay	St Leonards Park
Wk 2	Pilates	Yoga	Long Run
	St Joseph's Neutral Bay	St Joseph's Neutral Bay	Waverton Park
Wk 3	Pilates	Yoga	Long Run
	St Joseph's Neutral Bay	St Joseph's Neutral Bay	Balmoral Beach
Wk 4	Pilates	Yoga	Long Run
	St Joseph's Neutral Bay	St Joseph's Neutral Bay	Bradfield Park, Kirribilli

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 whoope 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		563 Military Road Mosman 9960 7986	OUR PARTNERS