



<b>Understanding Your Timetable</b>	Evolution outdoors runs 48 weeks per year. Activities change on a daily basis & include yoga, boxing classes, core strength sessions, medicine workouts and barbell sessions to name a few. Sessions are distinguished according to the workout you achieve and fall into one of 3 colour coded categories Red sessions focus on cardiovascular fitness (e.g. boxing circuits). Blue sessions focus on building strength (e.g. medicine ball). Green sessions focus on flexibility and body mind awareness (e.g. yoga).		
<b>Training Locations</b>	Changing session locations helps to maintain variety. Most days are location specific but YOU MUST CHECK YOUR TIMETABLE to see where your group is training There are location videos on our website that show you exactly where to go and where to meet at each place <a href="http://www.evolutiontowellbeing.com.au/Home/Outdoor-Group-Fitness/Where-do-we-train">http://www.evolutiontowellbeing.com.au/Home/Outdoor-Group-Fitness/Where-do-we-train</a>		
<b>Intensity &amp; Fitness Level</b>	Do not be concerned about your fitness level. 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. That is also the rationale behind the trial week. It is the best way to determine whether it's appropriate for your needs.		
<b>Assessments</b>	You can attend assessments as part of the program or on an individual basis. Future progress assessments are held every 8 weeks.		
<b>Wet weather</b>	Sessions are held regardless of weather. On particularly wet days we move to a wet weather location, you will receive a text message from your trainer within 30 minutes of the session.		
<b>Weekly texts</b>	Your evolutionary (instructor) will text you every Sunday to confirm your intended sessions you will be doing in the next week. This will set up a context and accountability for your sessions. You are not bound to attend		
<b>Logging into internet site</b>	When you attend our free week trial you will be given access to our members area. You will be emailed a username and password. This will give you access to timetables for your KLIK as well as the registration, nutrition and goal sitting section. All this log in info can be personalised		
<b>Flexible attendance Session credits</b>	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. For that reasons you must use up all your prepaid sessions within the allotted 4 week period.		
<b>Nutrition</b>	If you want to achieve results then you need to remember that exercise and nutrition go hand in hand. You will be contacted by our ETW nutritionist during your trial week. The nutrition based component of our program is priced very affordably to give you as much opportunity as possible to incorporate it into your program.		
<b>Session pricing 4 weekly Cost</b>	Option 1 – Green	Option 2 – Blue	Option 3 – Red
	8 sessions in total - \$ 160 Cost per session \$ 20.00	12 sessions in total - \$ 200 Cost per session \$ 16.00	Unlimited session = \$220 Cost per session \$ 11.00
<b>Footwear</b>	Improper or inadequate footwear is one of the main causes of injury during exercise. Essential characteristics of proper athletic shoes should include, Support - this is essential to control foot movement, enhance stability and protect against ankle turns, Cushioning - especially in the heel and mid-sole areas, Performance - lightweight and partially porous to allow feet to breathe, Fit - make sure that the toe box should be roomy enough so that you can wiggle your toes.		
<b>Water</b>	We encourage you to bring bottled water to every session.		