



July	 evolution to wellbeing	Rushcutters North 9am 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	Lyne Park Located off New South Head Road in Rose Bay. Closest cross street is Elanora. We meet in the park adjacent to Catalinas Restaurant.	Centennial Park Use the Paddington Gates entry. Meeting point is 100metres east of the restaurant/kiosk. Closest cross street is Hamilton Drive	 WINTERWARRIOR	2013

WEEK 1	Monday @ 9am 29 July 2013	Tuesday 30 July 2013	Wednesday @ 9am 31 July 2013	Thursday 1 August 2013	Friday @ 9am 2 August 2013	Saturday @ 7am 3 August 2013	WEEK 1
	Power Ropes & Sprints	REST DAY - NO SESSION	Power Ropes & Resistance Tubes	REST DAY - NO SESSION	Boxing	No Pain No Gain	
	Rushcutters Park North		Rushcutters Park North		Rushcutters Park North	Queens Park	
Attending this session?	YES NO		Attending this session?	YES NO	Attending this session?	YES NO	

WEEK 2	Monday @ 9am 5 August 2013	Tuesday 6 August 2013	Wednesday @ 9am 7 August 2013	Thursday 8 August 2013	Friday @ 9am 9 August 2013	Saturday @ 7am 10 August 2013	WEEK 2
	Power Up & Sprints	REST DAY - NO SESSION	Challenge Yourself	REST DAY - NO SESSION	Boxing	No Pain No Gain	
	Rushcutters Park North		Rushcutters Park North		Rushcutters Park North	Centennial Park	
Attending this session?	YES NO		Attending this session?	YES NO	Attending this session?	YES NO	

WEEK 3	Monday @ 9am 12 August 2013	Tuesday 13 August 2013	Wednesday @ 9am 14 August 2013	Thursday @ 7am 15 August 2013	Friday @ 9am 16 August 2013	Saturday @ 7am 17 August 2013	WEEK 3
	Kettlebells & Sprints	REST DAY - NO SESSION	Kettlebells & Agility Blast	REST DAY - NO SESSION	Boxing	No Pain No Gain	
	Rushcutters Park North		Rushcutters Park North		Rushcutters Park North	Lyne Park	
Attending this session?	YES NO		Attending this session?	YES NO	Attending this session?	YES NO	

WEEK 4	Monday @ 9am 19 August 2013	Tuesday 20 August 2013	Wednesday @ 9am 21 August 2013	Thursday 22 August 2013	Friday @ 9am 23 August 2013	Saturday @ 7am 24 August 2013	WEEK 4
	Pumping Iron & Sprints	REST DAY - NO SESSION	Pumping Iron & Moving Circuit	REST DAY - NO SESSION	Boxing	Mega Session	
	Rushcutters Park North		Rushcutters Park North		Rushcutters Park North	Centennial Park	
Attending this session?	YES NO		Attending this session?	YES NO	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

NEWS / EVENTS	<p>Are you a Winter Warrior??</p> <ol style="list-style-type: none"> 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 Get the t-shirt and wear your warrior with pride Pre-order available 3rd June Be rewarded for your valour & bring your friends <i>A Warrior laughs in the face of the weather and shall be rewarded!</i> Show us on Facebook and Instagram Post photographic evidence of your Warrior Wellness activities #winterwarrior @evo2wellbeing
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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	 PURE WELLBEING MASSAGE & NATURAL THERAPIES	Massage, Ayurvedic body treatments or relaxation services of the highest quality Upstairs, 136a Queen St Woollahra purewellbeing.com.au 9362 5886	OUR PARTNERS