


<b>JANUARY</b>	 <p><b>Maroubra</b> evolutionstartsat6am.com <b>Tom Powell</b> 0424 093 133 tom@etwgroup.com</p>	<p><b>Maroubra Beach</b> Park in the main beach carpark off Marine Parade and we meet next to the skate park in Arthur Bryne Reserve</p>	<p><b>Coogee Beach</b> Parking is available in the public car park at the end of Dolphin Street (North end of beach). Meeting place is in the park area immediately adjacent to the parking lot</p>	<p><b>Centennial Park</b> Use the Paddington Gates entry. Meeting point is 100metres east of the restaurant/kiosk. Closest cross street is Hamilton Drive</p>	<p>Plan your sessions ahead <b>Attending this session?</b> YES NO Set your session attendance goal for the coming weeks</p>	<b>2012</b>

<b>WEEK 1</b>	Monday @ 6am <b>6 February 2012</b>	Tuesday @ 6am <b>7 February 2012</b>	Wednesday @ 6am <b>8 February 2012</b>	Thursday @ 6am <b>9 February 2012</b>	Friday @ 6am <b>10 February 2012</b>	Saturday @ 7am <b>11 February 2012</b>	<b>WEEK 1</b>
	Kettlebells & Power Yoga Maroubra Beach	Yoga & No Pain No Gain Queens Park	Cardio Boxing Maroubra Beach	Yoga & No Pain No Gain Bronte Park	Kettlebells & Sprints Maroubra Beach	No Pain No Gain Bronte Park	
	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	

<b>WEEK 2</b>	Monday @ 6am <b>13 February 2012</b>	Tuesday @ 6am <b>14 February 2012</b>	Wednesday @ 6am <b>15 February 2012</b>	Thursday @ 6am <b>16 February 2012</b>	Friday @ 6am <b>17 February 2012</b>	Saturday @ 7am <b>18 February 2012</b>	<b>WEEK 2</b>
	Pumping Iron & Power Yoga Maroubra Beach	Yoga & No Pain No Gain Queens Park	Cardio Boxing Maroubra Beach	Yoga & No Pain No Gain Bronte Park	Pumping Iron & Sprints Maroubra Beach	No Pain No Gain Centennial Park	
	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	

<b>WEEK 3</b>	Monday @ 6am <b>20 February 2012</b>	Tuesday @ 6am <b>21 February 2012</b>	Wednesday @ 6am <b>22 February 2012</b>	Thursday @ 7am <b>23 February 2012</b>	Friday @ 6am <b>24 February 2012</b>	Saturday @ 7am <b>25 February 2012</b>	<b>WEEK 3</b>
	Medicine Ball Mayhem & Power Yoga Maroubra Beach	Yoga & No Pain No Gain Queens Park	Cardio Boxing Maroubra Beach	Yoga & No Pain No Gain Bronte Park	Challenge Yourself Maroubra Beach	No Pain No Gain Lyne Park	
	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	

<b>WEEK 4</b>	Monday @ 6am <b>27 February 2012</b>	Tuesday @ 6am <b>28 February 2012</b>	Wednesday @ 6am <b>29 February 2012</b>	Thursday @ 6am <b>1 March 2012</b>	Friday @ 6am <b>2 March 2012</b>	Saturday @ 7am <b>3 March 2012</b>	<b>WEEK 4</b>
	Power Up & Power Yoga Maroubra Beach	Yoga & No Pain No Gain Queens Park	Cardio Boxing Maroubra Beach	Yoga & No Pain No Gain Bronte Park	Power Up & Sprints Maroubra Beach	Inter Klik Challenge Centennial Park	
	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	

<b>OPTIONS</b>	Thursday @ 6am <b>Long Run session</b>	Thursdays @ 6am	Saturday 3rd March <b>INTER-KLIK CHALLENGE</b>	<b>NEW 7.15am &amp; 9am groups</b> We are excited to announce that we have expanded our offering by creating 7:15 and 9am groups in some of our key locations. Whilst the 6am groups will always be our signature dish and the basis of what we do, the 7:15 and 9am groups are great if you have the flexibility in your day to day routine to train later in the morning. <b>Bondi - Bronte - Coogee - Rushcutters Bay - Balmoral</b>	<b>EVENTS</b>
	Week 1 <b>Rushcutters Park North</b>	No Pain No Gain	The battle of the KLIKs. Relays, races, challenges and games to test who is the GREATEST KLIK of them all. Join in with your fellow members for a fun morning of different challenges. <a href="mailto:rob@etwgroup.com">rob@etwgroup.com</a>		
	Week 2 <b>Lyne Park, Rose Bay</b>	<b>Coogee Beach</b>			
	Week 3 <b>Bronte Park</b>	Attending this session? YES NO			
	Week 4 <b>Coogee Beach</b>				

<b>SESSIONS</b>	<b>Agility Blast</b> improve agility, balance & co-ordination	<b>Medicine Ball Mayhem</b> using medball for added resistance	<b>Pumping Iron</b> using barbells & weights, improve your strength	<b>SESSIONS</b>
	<b>Challenge Yourself</b> Set a benchmark & next time around you can beat it	<b>Mega Session</b> a double session (90 mins) of weights & cardio	<b>Resistance Tubes</b> total body conditioning with resistance tubes	
	<b>Circuit Combo</b> total body workout with or without equipment	<b>Moving Circuit</b> keep on moving and use the park for a cardio blast	<b>Run for Endurance</b> work on your endurance with a 25 mins run	
	<b>Core, Cones and Hills</b> strengthening & core blast alternated with hills	<b>No Pain No Gain</b> a surprise circuit, bodyweight or equipment based	<b>Shield Yourself</b> strength, stability and core work using kick shields	
	<b>Double Grip Med Balls</b> add 2 handles and it's a whoope new (med) ball game	<b>Pilates</b> improve posture and core strength	<b>Skipping</b> a great interval based cardio workout	
	<b>Fighting Fit</b> become a lean, mean, fighting machine	<b>Power Punch</b> punch like a heavy weight to build power & endurance	<b>Sprints</b> short and sweet for an awesome metabolic boost	
<b>Kayaking</b> feed your soul on the Harbour with a morning paddle	<b>Power Ropes</b> build your strength endurance & cardio capacity	<b>Tone &amp; Balance</b> improve your core strength & stability		
<b>Kettlebells</b> develop functional, whole body strength	<b>Power Up</b> use dumbbells to improve your dynamic strength	<b>Yoga</b> improve flexibility core and mind body connection		

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