


JANUARY		Rushcutters North evolutionstartsat6am.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	Plan your sessions ahead Attending this session? YES NO Set your session attendance goal for the coming weeks	2012
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WEEK 1	Monday @ 9am 6 February 2012	Tuesday 7 February 2012	Wednesday @ 9am 8 February 2012	Thursday 9 February 2012	Friday @ 9am 10 February 2012	Saturday @ 7am 11 February 2012	WEEK 1
	Medicine Ball Mayhem & Sprints	REST DAY - NO SESSION	Medicine Ball Mayhem & Resistance Tubes	REST DAY - NO SESSION	Cardio Boxing	No Pain No Gain	
	Rushcutters Park North		Rushcutters Park North		Rushcutters Park North	Bronte Park	
	Attending this session? YES NO		Attending this session? YES NO		Attending this session? YES NO	Attending this session? YES NO	

WEEK 2	Monday @ 9am 13 February 2012	Tuesday 14 February 2012	Wednesday @ 9am 15 February 2012	Thursday 16 February 2012	Friday @ 9am 17 February 2012	Saturday @ 7am 18 February 2012	WEEK 2
	Power Up & Sprints	REST DAY - NO SESSION	Challenge Yourself	REST DAY - NO SESSION	Cardio 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	Attending this session? YES NO	

WEEK 3	Monday @ 9am 20 February 2012	Tuesday 21 February 2012	Wednesday @ 9am 22 February 2012	Thursday 23 February 2012	Friday @ 9am 24 February 2012	Saturday @ 7am 25 February 2012	WEEK 3
	Double Grip Med Balls & Sprints	REST DAY - NO SESSION	Double Grip Med Balls & Agility Blast	REST DAY - NO SESSION	Cardio 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	Attending this session? YES NO	

WEEK 4	Monday @ 9am 27 February 2012	Tuesday 28 February 2012	Wednesday @ 9am 29 February 2012	Thursday 1 March 2012	Friday @ 9am 2 March 2012	Saturday @ 7am 3 March 2012	WEEK 4
	Pumping Iron & Sprints	REST DAY - NO SESSION	Pumping Iron & Moving Circuit	REST DAY - NO SESSION	Cardio Boxing	Inter Klik Challenge	
	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	Attending this session? YES NO	

OPTIONS		Saturday 3rd March INTER-KLIK CHALLENGE 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. rob@etwgroup.com	EVENTS
		NEW 7.15am & 9am groups 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. Bondi - Bronte - Coogee - Rushcutters Bay - Balmoral	

SESSIONS	Agility Blast improve agility, balance & co-ordination	Medicine Ball Mayhem using medball for added resistance	Pumping Iron using barbells & weights, improve your strength	SESSIONS
	Challenge Yourself Set a benchmark & next time around you can beat it	Mega Session a double session (90 mins) of weights & cardio	Resistance Tubes total body conditioning with resistance tubes	
	Circuit Combo total body workout with or without equipment	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	
	Core, Cones and Hills strengthening & core blast alternated with hills	No Pain No Gain a surprise circuit, bodyweight or equipment based	Shield Yourself strength, stability and core work using kick shields	
	Double Grip Med Balls add 2 handles and it's a whole new (med) ball game	Pilates improve posture and core strength	Skiing a great interval based cardio workout	
	Fighting Fit become a lean, mean, fighting machine	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	Yoga improve flexibility core and mind body connection	

OUR PARTNERS	 CHIROSPTS discounts to evo members & their families ChiroSports Kings Cross 8354 1534	 the running company potts point For all your shoes & apparel needs. Say hi to Alister & Gerald & tell them 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
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