



July	 evolution to wellbeing	Balmain 7:15am evolutiontowellbeing.com John Clarke 0406 78 66 24 john@etwgroup.com	Ballast Point Situating in Birchgrove overlooking Mort Bay & Sydney Harbour the park is located at the end of Ballast Point Road.	Callan Park Situating within the grounds of Rozelle Hospital the best way to get there is down the end of Wharf Road turning left onto Waterfront Drive	St Johns Hall + Birchgrove St Johns Hall - Corner of Spring St & Birchgrove Rd, Balmain.	 WINTERWARRIOR	2013


WEEK 1	Monday @ 7.15am 29 July 2013	Tuesday 30 July 2013	Wednesday @ 7.15am 31 July 2013	Thursday 1 August 2013	Friday @ 7.15am 2 August 2013	Saturday @ 7am 3 August 2013	WEEK 1
	Kettlebells & Run for Endurance	REST DAY - NO SESSION	Boxing	REST DAY - NO SESSION	Kettlebells & Sprints	No Pain No Gain	
	Ballast Point Attending this session? YES NO		Ballast Point Attending this session? YES NO		Mort Bay Park Attending this session? YES NO	Queens Park Attending this session? YES NO	

WEEK 2	Monday @ 7.15am 5 August 2013	Tuesday 6 August 2013	Wednesday @ 7.15am 7 August 2013	Thursday 8 August 2013	Friday @ 7.15am 9 August 2013	Saturday @ 7am 10 August 2013	WEEK 2
	Power Up & Sprints	REST DAY - NO SESSION	Boxing	REST DAY - NO SESSION	Power Up & Sprints	No Pain No Gain POST SESH BREAKY	
	Ballast Point Attending this session? YES NO		Ballast Point Attending this session? YES NO		Mort Bay Park Attending this session? YES NO	Ballast Point Attending this session? YES NO	

WEEK 3	Monday @ 7.15am 12 August 2013	Tuesday 13 August 2013	Wednesday @ 7.15am 14 August 2013	Thursday 15 August 2013	Friday @ 7.15am 16 August 2013	Saturday @ 7am 17 August 2013	WEEK 3
	Kettle Bells & Run for Endurance	REST DAY - NO SESSION	Challenge Yourself	REST DAY - NO SESSION	Kettle Bells & Sprints	No Pain No Gain	
	Ballast Point Attending this session? YES NO		Ballast Point Attending this session? YES NO		Attending this session? YES NO	Lyne Park Attending this session? YES NO	

WEEK 4	Monday @ 7.15am 19 August 2013	Tuesday 20 August 2013	Wednesday @ 7.15am 21 August 2013	Thursday 22 August 2013	Friday @ 7.15am 23 August 2013	Saturday @ 7am 24 August 2013	WEEK 4
	Power Ropes & Run for Endurance	REST DAY - NO SESSION	Boxing	REST DAY - NO SESSION	Power Ropes & Sprints	Mega Session	
	Centennial Park Attending this session? YES NO		Ballast Point Attending this session? YES NO		Mort Bay Park Attending this session? YES NO	Centennial Park Attending this session? YES NO	

OPTIONS	

Are you a Winter Warrior????	
<ol style="list-style-type: none"> 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 <i>A Warrior laughs in the face of the weather and shall be rewarded!</i> 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 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	{evo + chiro sports = health & happiness}
	CHIROSPORTS discounts to evo members & their families Chiro sports Rozelle 9810 8769

OUR PARTNERS	 Winter Warrior Welcome Week 8th of July
	Bring your friends, your foes or those who are vanquished to have their own Winter Warrior experience.
	We will end the week with a Saturday session and breakfast. If they join up then you can call yourself victorious