



June		Rushcutters South 6am evolutiontowellbeing.com Adam Bromage 0415 556 166 adam@etwgroup.com	Rushcutters Park South Located on the corner of New South Head Road & New Beach Road. We meet in the park, just 50 metres south-west of the café	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.	The Bay Room, 45 Bay St 45 Bay Street in Double Bay, on the corner where Knox Street and Guilfoyle Avenue meet.		2013

WEEK 1	Monday @ 6am 3 June 2013	Tuesday @ 6am 4 June 2013	Wednesday @ 6am 5 June 2013	Thursday @ 6am 6 June 2013	Friday @ 6am 7 June 2013	Saturday @ 7am 8 June 2013	WEEK 1
	Pumping Iron & Sprints	Hardcore Core & Sprints	Moving Circuit	No Pain No Gain (plus indoor yoga option)	Cardio Boxing	No Pain No Gain	
	Rushcutters Park South Attending this session? YES NO	Rushcutters Park North Attending this session? YES NO	Rushcutters Park South Attending this session? YES NO	Rushcutters Park North Attending this session? YES NO	Rushcutters Park South Attending this session? YES NO	Queens Park Attending this session? YES NO	

WEEK 2	Monday @ 7am 10 June 2013	Tuesday @ 6am 11 June 2013	Wednesday @ 6am 12 June 2013	Thursday @ 6am 13 June 2013	Friday @ 6am 14 June 2013	Saturday @ 7am 15 June 2013	WEEK 2
	Public Holiday Session	Hardcore Core & Sprints	Power Bags	No Pain No Gain (plus indoor yoga option)	Cardio Boxing	No Pain No Gain (plus find out your BioAge)	
	Rushcutters Park North Attending this session? YES NO	Rushcutters Park North Attending this session? YES NO	Rushcutters Park South Attending this session? YES NO	Lyne Park Attending this session? YES NO	Rushcutters Park South Attending this session? YES NO	Centennial Park Attending this session? YES NO	

WEEK 3	Monday @ 6am 17 June 2013	Tuesday @ 6am 18 June 2013	Wednesday @ 6am 19 June 2013	Thursday @ 6am 20 June 2013	Friday @ 6am 21 June 2013 ***Fluro Friday***	Saturday @ 7am 22 June 2013	WEEK 3
	Power Up & Sprints	Hardcore Core & Sprints	Moving Circuit	No Pain No Gain (plus indoor yoga option)	Cardio Boxing	No Pain No Gain	
	Rushcutters Park South Attending this session? YES NO	Rushcutters Park North Attending this session? YES NO	Rushcutters Park South Attending this session? YES NO	Rushcutters Park North Attending this session? YES NO	Rushcutters Park South Attending this session? YES NO	Lyne Park Attending this session? YES NO	

WEEK 4	Monday @ 6am 24 June 2013	Tuesday @ 6am 25 June 2013	Wednesday @ 6am 26 June 2013	Thursday @ 6am 27 June 2013	Friday @ 6am 28 June 2013	Saturday @ 7am 29 June 2013	WEEK 4
	Double Grip Med Balls & Sprints	Hardcore Core & Sprints	Moving Circuit	No Pain No Gain (plus indoor yoga option)	Cardio Boxing	Mega Session	
	Rushcutters Park South Attending this session? YES NO	Rushcutters Park North Attending this session? YES NO	Rushcutters Park South Attending this session? YES NO	Lyne Park Attending this session? YES NO	Rushcutters Park South Attending this session? YES NO	Centennial Park 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

Are you a Winter Warrior??

- 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**
A Warrior laughs in the face of the weather and shall be rewarded!
- 4. Show us on Facebook and Instagram**
Post photographic evidence of your Warrior Wellness activities
#winterwarrior @evo2wellbeing

NEWS / EVENTS

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				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	