



**Redfern 6am**  
 evolutiontowelling.com  
**Adam Shorter**  
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**Redfern Park**  
 Meeting place is located near the sculptures, about 20 meters north of the cafe on the Chalmers st side of the park.

**Wet Weather @ Redfern**  
 Meet at the entrance of the stadium if raining

**Queens Park**  
 East end of queens park, park on Darley Road just off Carrington, near the cricket pavillion. Walk down the steps and head towards the astro cricket square.

**Centennial Park**  
 Use the Paddington Gates entry. Meeting point is 100metres east of the restaurant/kiosk. Closest cross street is Hamilton Drive

2014

WEEK 1	Monday @ 6am 7 April 2014	Tuesday @ 6am 8 April 2014	Wednesday @ 6am 9 April 2014	Thursday @ 6am 10 April 2014	Friday @ 6am 11 April 2014	Saturday @ 7am 12 April 2014	WEEK 1
	Medball Mayhem & Run for Endurance	Pilates & No Pain No Gain	Boxing	Yoga	Medball Mayhem & Sprints	No Pain No Gain	
	Redfern Oval	Redfern Oval	Redfern Oval	Bronte Beach	Redfern Oval	Queens Park	
Attending this session?	Attending this session?	Attending this session?	Attending this session?	Attending this session?	Attending this session?	Attending this session?	
YES	NO	YES	NO	YES	NO	YES	NO

WEEK 2	Monday @ 6am 14 April 2014	Tuesday @ 6am 15 April 2014	Wednesday @ 6am 16 April 2014	Thursday @ 6am 17 April 2014	Friday @ 7am 18 April 2014	Saturday @ 7am 19 April 2014	WEEK 2
	Dead Balls & Run for Endurance	Pilates & No Pain No Gain	Boxing	Yoga	Public Holiday Session	No Pain No Gain	
	Redfern Oval	Redfern Oval	Redfern Oval	Queens Park	Redfern Oval	Centennial Park	
Attending this session?	Attending this session?	Attending this session?	Attending this session?	Attending this session?	Attending this session?	Attending this session?	
YES	NO	YES	NO	YES	NO	YES	NO

WEEK 3	Monday @ 7am 21 April 2014	Tuesday @ 6am 22 April 2014	Wednesday @ 6am 23 April 2014	Thursday @ 6am 24 April 2014	Friday @ 7am 25 April 2014	Saturday @ 7am 26 April 2014	WEEK 3
	Public Holiday Session	Pilates & No Pain No Gain	Boxing	Yoga	Public Holiday Session	No Pain No Gain	
	Redfern Oval	Redfern Oval	Redfern Oval	Bronte Beach	Redfern Oval	Lyne Park	
Attending this session?	Attending this session?	Attending this session?	Attending this session?	Attending this session?	Attending this session?	Attending this session?	
YES	NO	YES	NO	YES	NO	YES	NO

WEEK 4	Monday @ 6am 28 April 2014	Tuesday @ 6am 29 April 2014	Wednesday @ 6am 30 April 2014	Thursday @ 6am 1 May 2014	Friday @ 6am 2 May 2014	Saturday @ 7am 3 May 2014	WEEK 4
	Pumping Iron & Run for Endurance	Pilates & No Pain No Gain	Boxing	Yoga	Pumping Iron & Sprints	No Pain No Gain then at 7:45am Fittest of the Fit Comp	
	Redfern Oval	Redfern Oval	Redfern Oval	Queens Park	Redfern Oval	Centennial Park	
Attending this session?	Attending this session?	Attending this session?	Attending this session?	Attending this session?	Attending this session?	Attending this session?	
YES	NO	YES	NO	YES	NO	YES	NO

**OTHER OPTIONS**

	Tuesday @ 6am	Thursday @ 6am	Thurs Long Runs @ 6am
Wk 1	Pilates	Yoga	Long Run
Wk 2	Ballast Point, Balmain	Bi-Centennial Park, Glebe	Rushcutters Park North
Wk 3	Pilates	Yoga	Long Run
Wk 4	Ballast Point, Balmain	Bi-Centennial Park, Glebe	Lyne Park, Rose Bay
Wk 5	Pilates	Yoga	Long Run
Wk 6	Ballast Point, Balmain	Bi-Centennial Park, Glebe	Bronte Beach
Wk 7	Pilates	Yoga	Long Run
Wk 8	Ballast Point, Balmain	Bi-Centennial Park, Glebe	Coogee Beach

**April / May Events & Announcements**

- \* Clocks go back Sunday 6th April
- \* Good Friday - 18th April
- \* Easter Monday - 21st April
- \* ANZAC Day - 25th April
- \*\*3rd May - our 1st ever Fittest of the Fit Comp - ask your trainer for more info!\*\***

NEWS / EVENTS

SESSIONS	Agility Blast	Mega Session	Resistance Tubes	SESSIONS
	improve agility, balance & co-ordination	a double session (90 mins) of weights & cardio	total body conditioning with resistance tubes	
	<b>Challenge Yourself</b> Set a benchmark & next time around you can beat it	<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>Circuit Combo</b> total body workout with or without equipment	<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>Core, Cones and Hills</b> strengthening & core blast alternated with hills	<b>Pilates</b> improve posture and core strength	<b>Skipping</b> a great interval based cardio workout	
	<b>Double Grip Med Balls</b> add 2 handles and it's a whope new (med) ball game	<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>Tough Enough</b> get down & dirty with a tough bodyweight session	
<b>Medicine Ball Mayhem</b> using medball for added resistance	<b>Pumping Iron</b> using barbells & weights, improve your strength	<b>Yoga</b> improve flexibility core and mind body connection		

OUR PARTNERS				OUR PARTNERS