



**Maroubra 6am**  
 evolutiontowellbeing.com  
**Adam Shorter**  
 0448 221 326  
[adams@etwgroup.com](mailto:adams@etwgroup.com)  
 (Alex - 0497 479 786)

**Maroubra Beach**  
 We meet at the South End of Arthur Bryne Reserve, next to the South Maroubra Surf Life Saving Club

**Coogee Beach**  
 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

**St Lukes Clovelly**  
 On the Corner of Arden & Varna Street, Clovelly. The hall is just on the left down Varna Street parking available

**St Nicolas' Church, Coogee**  
 123 Brook St, Coogee. Entrance to hall is on Carr St. Nearest corner street is Carr St.

2014

WEEK 1	Monday @ 6am <b>5 May 2014</b>	Tuesday @ 6am <b>6 May 2014</b>	Wednesday @ 6am <b>7 May 2014</b>	Thursday @ 6am <b>8 May 2014</b>	Friday @ 6am <b>9 May 2014</b>	Saturday @ 7am <b>10 May 2014</b>	WEEK 1
	Bosu Conditioning (Adam) <b>Moving Circuit</b>	Body Blast (Alex) <b>Interval Runs</b>	<b>Cardio Boxing</b> (Adam)	<b>No Pain No Gain</b> (Alex) <b>Cardio Boxing</b>	Bosu Conditioning (Adam) <b>Sprints</b>	<b>No Pain No Gain</b>	
	<b>Maroubra Beach</b>	<b>Maroubra Beach</b>	<b>Maroubra Beach</b>	<b>Maroubra Beach</b>	<b>Maroubra Beach</b>	<b>Queens Park</b>	
	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	

WEEK 2	Monday @ 6am <b>12 May 2014</b>	Tuesday @ 6am <b>13 May 2014</b>	Wednesday @ 6am <b>14 May 2014</b>	Thursday @ 6am <b>15 May 2014</b>	Friday @ 6am <b>16 May 2014</b>	Saturday @ 7am <b>17 May 2014</b>	WEEK 2
	Pumping Iron (Adam) <b>Moving Circuit</b>	Body Blast (Alex) <b>Interval Runs</b>	<b>Cardio Boxing</b> (Adam)	<b>No Pain No Gain</b> (Alex) <b>Long Run</b>	Pumping Iron (Adam) <b>Sprints</b>	<b>No Pain No Gain</b>	
	<b>Maroubra Beach</b>	<b>Maroubra Beach</b>	<b>Maroubra Beach</b>	<b>Maroubra Beach</b>	<b>Maroubra Beach</b>	<b>Centennial Park</b>	
	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	

WEEK 3	Monday @ 6am <b>19 May 2014</b>	Tuesday @ 6am <b>20 May 2014</b>	Wednesday @ 6am <b>21 May 2014</b>	Thursday @ 6am <b>22 May 2014</b>	Friday @ 6am <b>23 May 2014</b>	Saturday @ 7am <b>24 May 2014</b>	WEEK 3
	Medicine Ball Mayhem (Adam) <b>Moving Circuit</b>	Body Blast (Adam) <b>Interval Runs</b>	<b>Cardio Boxing</b> (Alex)	<b>No Pain No Gain</b> (Adam) <b>Cardio Boxing</b>	Medicine Ball Mayhem (Alex) <b>Sprints</b>	<b>No Pain No Gain</b>	
	<b>Maroubra Beach</b>	<b>Maroubra Beach</b>	<b>Maroubra Beach</b>	<b>Maroubra Beach</b>	<b>Maroubra Beach</b>	<b>Lyne Park</b>	
	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	

WEEK 4	Monday @ 6am <b>26 May 2014</b>	Tuesday @ 6am <b>27 May 2014</b>	Wednesday @ 6am <b>28 May 2014</b>	Thursday @ 6am <b>29 May 2014</b>	Friday @ 6am <b>30 May 2014</b>	Saturday @ 7am <b>31 May 2014</b>	WEEK 4
	Power Up (Alex) <b>Moving Circuit</b>	Body Blast (Adam) <b>Interval Runs</b>	<b>Cardio Boxing</b> (Alex)	<b>No Pain No Gain</b> (Adam) <b>Cardio Boxing</b>	Power Up (Alex) <b>Sprints</b>	<b>Mega Session</b>	
	<b>Maroubra Beach</b>	<b>Maroubra Beach</b>	<b>Maroubra Beach</b>	<b>Maroubra Beach</b>	<b>Maroubra Beach</b>	<b>TBC</b>	
	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	

**OTHER OPTIONS**

OTHER OPTIONS					NEWS / EVENTS	
	Tuesday @ 6am	Tuesday @ 6am	Thursday @ 6am	Thurs Long Runs @ 6am		May Events & Announcements
Wk 1	Yoga	Pilates	Yoga	Long Run		* w/c 5th - Some indoor options start
	St Lukes Clovelly	St Nics Church Clovelly	St Lukes Clovelly	Rushcutters Park North		* 11th May - Mothers Day Classic Fun Run
Wk 2	Yoga	Pilates	Yoga	Long Run		* 18th May - SMH Half Marathon
	St Lukes Clovelly	St Nics Church Clovelly	St Lukes Clovelly	Maroubra		
Wk 3	Yoga	Pilates	Yoga	Long Run		
	St Lukes Clovelly	St Nics Church Clovelly	St Lukes Clovelly	Bronte Beach		
Wk 4	Yoga	Pilates	Yoga	Long Run		
	St Lukes Clovelly	St Nics Church Clovelly	St Lukes Clovelly	Coogee Beach		

SESSIONS	<b>Agility Blast</b> improve agility, balance & co-ordination	<b>Mega Session</b> a double session (90 mins) of weights & cardio	<b>Resistance Tubes</b> 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 whoope 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	

**MEET YOU AT MOLLY'S  
 MCKEON STREET MAROUBRA 2035**

Order your organic fruit and vege box on a Tuesday Tuesday and collect Friday arvo onwards.  
[organics@mollys.com.au](mailto:organics@mollys.com.au)

**CHIROPRACTIC  
 HEALTH QUARTERS**  
[chirohq.com.au](http://chirohq.com.au)

OUR PARTNERS