	Maroubra 6am evolutiontowellbeing.com Adam Shorter 0448 221 326 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 2 June 2014	Tuesday @ 6am 3 June 2014	Wednesday @ 6am 4 June 2014	Thursday @ 6am 5 June 2014	Friday @ 6am 6 June 2014	Saturday @ 7am 7 June 2014	WEEK 1
	Power Bags (Adam) Interval Runs	Body Blast (Alex) Moving Circuit	Cardio Boxing (Adam)	No Pain No Gain (Alex) Cardio Boxing	Power Bags (Adam) Sprints	No Pain No Gain	
	Maroubra Beach	Maroubra Beach	Maroubra Beach	Maroubra Beach	Maroubra Beach	Queens Park	
	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 @ 7am 9 June 2014	Tuesday @ 6am 10 June 2014	Wednesday @ 6am 11 June 2014	Thursday @ 6am 12 June 2014	Friday @ 6am 13 June 2014	Saturday @ 7am 14 June 2014	WEEK 2
	Public Holiday Session	Body Blast (Alex) Moving Circuit	Cardio Boxing (Adam)	No Pain No Gain (Alex) Long Run	Pumping Iron (Adam) Sprints	No Pain No Gain	
	Coogee Beach	Maroubra Beach	Maroubra Beach	Maroubra Beach	Maroubra Beach	Centennial Park	
	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 16 June 2014	Tuesday @ 6am 17 June 2014	Wednesday @ 6am 18 June 2014	Thursday @ 6am 19 June 2014	Friday @ 6am 20 June 2014	Saturday @ 7am 21 June 2014	WEEK 3
	Medicine Ball Mayhem (Alex) Interval Runs	Power Ropes (Adam) Moving Circuit	Cardio Boxing (Alex)	No Pain No Gain (Adam) Cardio Boxing	Medicine Ball Mayhem (Alex) Sprints	No Pain No Gain	
	Maroubra Beach	Maroubra Beach	Maroubra Beach	Maroubra Beach	Maroubra Beach	Lyne Park	
	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 23 June 2014	Tuesday @ 6am 24 June 2014	Wednesday @ 6am 25 June 2014	Thursday @ 6am 26 June 2014	Friday @ 6am 27 June 2014	Saturday @ 7am 28 June 2014	WEEK 4
	Power Up (Alex) Interval Runs	Body Blast (Adam) Moving Circuit	Cardio Boxing (Alex)	No Pain No Gain (Adam) Cardio Boxing	Power Up (Alex) Sprints	Mega Session You Move Me Special	
	Maroubra Beach	Maroubra Beach	Maroubra Beach	Maroubra Beach	Maroubra Beach	TBC	
	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					NEWS / EVENTS	
	Tuesday @ 6am	Tuesday @ 6am	Thursday @ 6am	Thurs Long Runs @ 6am		June Events & Announcements * 2nd June - Winter Warrior Starts * 18th June - You Move Me Talk * 22nd June - 5km Fun run and Walk - www.nbwalk.org * 28th June - You Move Me Mega Sesh Click for More info...
Wk 1	Yoga	Pilates	Yoga	Long Run		
1	St Lukes Clovelly	St Nics Church Clovelly	St Lukes Clovelly	Rushcutters Park North		
Wk 2	Yoga	Pilates	Yoga	Long Run		
2	St Lukes Clovelly	St Nics Church Clovelly	St Lukes Clovelly	Maroubra		
Wk 3	Yoga	Pilates	Yoga	Long Run		
3	St Lukes Clovelly	St Nics Church Clovelly	St Lukes Clovelly	Bronte Beach		
Wk 4	Yoga	Pilates	Yoga	Long Run		
4	St Lukes Clovelly	St Nics Church Clovelly	St Lukes Clovelly	Coogee Beach		

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
	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 whoope 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	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			OUR PARTNERS