



**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

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



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
	Medball Mayhem (Alex) <b>Run for Endurance</b>	<b>Body Blast</b> (Adam)	<b>Boxing</b> (Alex)	<b>Body Blast</b> (Adam)	Medball Mayhem (Alex) <b>Sprints</b>	<b>No Pain No Gain</b>	
	Redfern Oval	Redfern Oval	Redfern Oval	Redfern Oval	Redfern Oval	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	<b>Body Blast</b> (Adam)	<b>Boxing</b> (Alex)	<b>Body Blast</b> (Adam)	Power Bags (Alex) <b>Sprints</b>	<b>No Pain No Gain</b>	
	Redfern Oval	Redfern Oval	Redfern Oval	Redfern Oval	Redfern Oval	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
	Kettle Bells (Adam) <b>Run for Endurance</b>	<b>Body Blast</b> (Alex)	<b>Boxing</b> (Adam)	Yoga	Kettle Bells (Adam) <b>Sprints</b>	<b>No Pain No Gain</b>	
	Redfern Oval	Redfern Oval	Redfern Oval	St Lukes Clovelly	Redfern Oval	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
	Pumping Iron (Adam) <b>Run for Endurance</b>	<b>Body Blast</b> (Alex)	<b>Boxing</b> (Adam)	Yoga	Pumping Iron (Adam) <b>Sprints</b>	<b>Mega Session</b> You Move Me Special	
	Redfern Oval	Redfern Oval	Redfern Oval	St Lukes Clovelly	Redfern Oval	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					June Events & Announcements * 2nd June - Winter Warrior Starts * 18th June - You Move Me Talk * 22nd June - 5km Fun run and Walk - <a href="http://www.nbwalk.org">www.nbwalk.org</a> * 28th June - You Move Me Mega Sesh <a href="#">Click for More info...</a>	NEWS / EVENTS
	Tuesday @ 6am	Tuesday @ 6am	Thursday @ 6am	Thurs Long Runs @ 6am		
Wk 1	Yoga	Pilates	Yoga	Long Run		
	St Lukes Clovelly	Ballast Point, Balmain	St Lukes Clovelly	Rushcutters Park North		
Wk 2	Yoga	Pilates	Yoga	Long Run		
	St Lukes Clovelly	Ballast Point, Balmain	St Lukes Clovelly	Lyne Park, Rose Bay		
Wk 3	Yoga	Pilates	Yoga	Long Run		
	St Lukes Clovelly	Ballast Point, Balmain	Bi-Centennial Park, Glebe	Bronte Beach		
Wk 4	Yoga	Pilates	Yoga	Long Run		
	St Lukes Clovelly	Ballast Point, Balmain	Bi-Centennial Park, Glebe	Coogee Beach		

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		

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