

	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 30 June 2014	Tuesday @ 6am 1 July 2014	Wednesday @ 6am 2 July 2014	Thursday @ 6am 3 July 2014	Friday @ 6am 4 July 2014	Saturday @ 7am 5 July 2014	WEEK 1
	Power Ropes (Adam) Interval Runs	Body Blast (Alex) Moving Circuit	Cardio Boxing (Adam)	No Pain No Gain (Alex) Cardio Boxing	Power Ropes (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 @ 6am 7 July 2014	Tuesday @ 6am 8 July 2014	Wednesday @ 6am 9 July 2014	Thursday @ 6am 10 July 2014	Friday @ 6am 11 July 2014	Saturday @ 7am 12 July 2014	WEEK 2
	Deadballs (Adam) Interval Runs	Body Blast (Alex) Moving Circuit	Cardio Boxing (Adam)	No Pain No Gain (Alex) Long Run	Deadballs (Adam) Sprints	No Pain No Gain	
	Maroubra 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 14 July 2014	Tuesday @ 6am 15 July 2014	Wednesday @ 6am 16 July 2014	Thursday @ 6am 17 July 2014	Friday @ 6am 18 July 2014	Saturday @ 7am 19 July 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 21 July 2014	Tuesday @ 6am 22 July 2014	Wednesday @ 6am 23 July 2014	Thursday @ 6am 24 July 2014	Friday @ 6am 25 July 2014	Saturday @ 7am 26 July 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	
	Maroubra 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	

OTHER OPTIONS					NEWS / EVENTS	
	Tuesday @ 6am	Tuesday @ 6am	Thursday @ 6am	Thurs Long Runs @ 6am		July & Aug Events & Announcements * 20th July - Sutherland 2 Surf Run * 26th July - Mega Session * 7th Aug - You Move Me Night * 10th Aug - City 2 Surf Click for more info...
Wk 1	Yoga	Pilates	Yoga	Long Run		
	St Lukes Clovelly	St Nics Church Clovelly	St Lukes Clovelly	Rushcutters Park North		
Wk 2	Yoga	Pilates	Yoga	Long Run		
	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	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	

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