



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 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
	Deadballs (Alex) Run for Endurance	Body Blast (Adam)	Boxing (Alex)	Body Blast (Adam)	Deadballs (Alex) Sprints	No Pain No Gain	
	Redfern Oval Attending this session? YES NO	Redfern Oval Attending this session? YES NO	Redfern Oval Attending this session? YES NO	Redfern Oval Attending this session? YES NO	Redfern Oval Attending this session? YES NO	Queens Park 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
	Power Ropes (Alex) Run for Endurance	Body Blast (Adam)	Boxing (Alex)	Body Blast (Adam)	Power Ropes (Alex) Sprints	No Pain No Gain	
	Redfern Oval Attending this session? YES NO	Redfern Oval Attending this session? YES NO	Redfern Oval Attending this session? YES NO	Redfern Oval Attending this session? YES NO	Redfern Oval Attending this session? YES NO	Centennial Park 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
	Kettle Bells (Adam) Run for Endurance	Body Blast (Alex)	Boxing (Adam)	Yoga	Kettle Bells (Adam) Sprints	No Pain No Gain	
	Redfern Oval Attending this session? YES NO	Redfern Oval Attending this session? YES NO	Redfern Oval Attending this session? YES NO	St Lukes Clovelly Attending this session? YES NO	Redfern Oval Attending this session? YES NO	Lyne Park 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
	Pumping Iron (Adam) Run for Endurance	Body Blast (Alex)	Boxing (Adam)	Yoga	Pumping Iron (Adam) Sprints	Mega Session	
	Redfern Oval Attending this session? YES NO	Redfern Oval Attending this session? YES NO	Redfern Oval Attending this session? YES NO	St Lukes Clovelly Attending this session? YES NO	Redfern Oval Attending this session? YES NO	Centennial Park Attending this session? YES NO	

OTHER OPTIONS					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...	NEWS / EVENTS
	Tuesday @ 6am	Tuesday @ 6am	Thursday @ 6am	Thurs Long Runs @ 6am		
Wk 1	Yoga	Pilates	Yoga	Long Run		
	St Lukes Clovelly	St Johns Hall, Birchgrove	St Lukes Clovelly	Rushcutters Park North		
Wk 2	Yoga	Pilates	Yoga	Long Run		
	St Lukes Clovelly	St Johns Hall, Birchgrove	St Lukes Clovelly	Lyne Park, Rose Bay		
Wk 3	Yoga	Pilates	Yoga	Long Run		
	St Lukes Clovelly	St Johns Hall, Birchgrove	Bi-Centennial Park, Glebe	Bronte Beach		
Wk 4	Yoga	Pilates	Yoga	Long Run		
	St Lukes Clovelly	St Johns Hall, Birchgrove	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	
	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 whope 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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