May / June

evolution to wellbeing

Balmoral 7:15am
evolutiontowellbeing.com
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Balmoral Beach
We meet on the Southern end of the Balmoral Oval in front of the Scout Hall. Drive as far as possible into the big parking lot and we are on the right-hand side

St Johns Uniting Church
Corner of Yeo & Barry Street, Neutral Bay. Entrance is 20 metres down Barry Street.

St Leonards Park
Near the corner of Ridge & Walker Street we meet on the basketball courts, close to the bowling club.

Plan your sessions ahead
Attending this session?
YES NO
Set your session attendance goal for the coming weeks

2013

WEEK 1	Monday @ 7.15am **6 May 2013**	Tuesday **7 May 2013**	Wednesday @ 7.15am **8 May 2013**	Thursday **9 May 2013**	Friday @ 7.15am **10 May 2013**	Saturday @ 7am **11 May 2013**	WEEK 1
	Cardio Boxing	REST DAY - NO SESSION	Challenge Yourself	REST DAY - NO SESSION	Medicine Ball Mayhem & Sprints	No Pain No Gain	
	Balmoral Beach		**Balmoral Beach**		**Balmoral Beach**	**Queens Park**	
	Attending this session? **YES NO**		Attending this session? **YES NO**		Attending this session? **YES NO**	Attending this session? **YES NO**	

WEEK 2	Monday @ 7.15am **13 May 2013**	Tuesday **14 May 2013**	Wednesday @ 7.15am **15 May 2013**	Thursday **16 May 2013**	Friday @ 7.15am **17 May 2013**	Saturday @ 7:30am **18 May 2013**	WEEK 2
	Cardio Boxing	REST DAY - NO SESSION	Power Up **Power Ropes** No Pain No Gain	REST DAY - NO SESSION	Power Ropes & Sprints	Kayaking	
	Balmoral Beach		**Balmoral Beach**		**Balmoral Beach**	**Spit Bridge**	
	Attending this session? **YES NO**		Attending this session? **YES NO**		Attending this session? **YES NO**	Attending this session? **YES NO**	

WEEK 3	Monday @ 7.15am **20 May 2013**	Tuesday **21 May 2013**	Wednesday @ 7.15am **22 May 2013**	Thursday **23 May 2013**	Friday @ 7.15am **24 May 2013**	Saturday @ 7am **25 May 2013**	WEEK 3
	Cardio Boxing	REST DAY - NO SESSION	Kettlebells & Skipping	REST DAY - NO SESSION	Kettlebells & Sprints	No Pain No Gain	
	Balmoral Beach		**Balmoral Beach**		**Balmoral Beach**	**Lyne Park**	
	Attending this session? **YES NO**		Attending this session? **YES NO**		Attending this session? **YES NO**	Attending this session? **YES NO**	

WEEK 4	Monday @ 7.15am **27 May 2013**	Tuesday **28 May 2013**	Wednesday @ 7.15am **29 May 2013**	Thursday **30 May 2013**	Friday @ 7.15am **31 May 2013**	Saturday @ 7am **1 June 2013**	WEEK 4
	Cardio Boxing	REST DAY - NO SESSION	Pumping Iron & Body Blast	REST DAY - NO SESSION	Pumping Iron & Sprints	**Mega Session**	
	Balmoral Beach		**Balmoral Beach**		**Balmoral Beach**	**Centennial Park**	
	Attending this session? **YES NO**		Attending this session? **YES NO**		Attending this session? **YES NO**	Attending this session? **YES NO**	

OTHER OPTIONS

	Tuesday @ 6am Indoors	Thursday @ 6am Indoors	Thurs Long Runs @ 6am
Wk 1	Pilates **St John's Neutral Bay**	Yoga **St John's Neutral Bay**	Long Run **St Leonards Park**
Wk 2	Pilates **St John's Neutral Bay**	Yoga **St John's Neutral Bay**	Long Run **Waverton Park**
Wk 3	Pilates **St John's Neutral Bay**	Yoga **St John's Neutral Bay**	Long Run **Balmoral Beach**
Wk 4	Pilates **St John's Neutral Bay**	Yoga **St John's Neutral Bay**	Long Run **Bradfield Park, Kirribilli**

NEWS / EVENTS

Events in May / June

Are you a Winter Warrior?

A Warrior knows that if they put in the hard work now, they will be rewarded in the future.
A Warrior doesn't change habits based on a drop in temperature.
A Warrior accepts the fact that it's a little colder than normal and wears the right clothes.
So, let me ask you again, Are you a Winter Warrior?

Our Winter Warrior Challenge (starting June 6th) will help you achieve more than you ever thought possible.

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 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 dumbells 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

footpoint™ SHOE CLINIC

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