



• LEFT a circuit class on Bronte beach • CENTRE the Evolution to Wellbeing team • RIGHT kayaking on the Harbour at Camp Cove •



what is total balance?

Imagine a cross training exercise program that is outdoor based and held at beautiful beach and park locations with activities that change daily and flexible timetable to suit all. Evolution to Wellbeing are pleased to offer **total balance** as this fitness program and since it's introduction last year, it's popularity has been phenomenal.

The **total balance** program runs in 8 week cycles throughout the year. The program structure allows you to choose from a variety of activities which change on a daily basis including **yoga, kayaking, boxing classes, core strength sessions, fitball, medicine ball beach workouts and cycling to name a few.**

Sessions are distinguished according to the sort of workout you will achieve and fall into one of three categories. Each category is colour coded with a specific colour so you can pick your workout for the day with ease. Red sessions focus on **cardiovascular fitness** (e.g. boxing circuits). Blue sessions focus on building **strength** (e.g. fitball core). Green sessions focus on **flexibility and body mind awareness** (e.g. pilates mat work). Classes sizes are capped so you benefit from the dynamics of working within a small group and average between 7 – 12 participants. The program also integrates regular fitness assessments allowing you to monitor your progress and reassess your goals.

What does the total balance program achieve?

The aim of the program is to provide you with a total fitness regime that;

A) caters for all your fitness needs

- (cardiovascular fitness, muscular endurance, strength, postural and functional balance and flexibility).
- B) is appropriate to your fitness level and needs
- C) offers an attendance pattern that is flexible making allowances for the other commitments in your life
- D) is affordable, cost effective and great value for money.

When and where does it happen?

Session times are 6am, 7am, 8.30 am, and 6.30 pm.

Classes are offered from Monday to Friday in most time slots. Session locations change according to the activity being offered on any particular day. On Monday you might be kayaking at camp Cove. On Tuesday a strength circuit at Lyne Park. Wednesday boxing at Bronte. Thursday a cycle at Centennial and Friday yoga at Tamarama.

How often should I attend?

What makes **total balance** unique and ideal is that **you choose when, where, which and how often to attend sessions.** For example, you might choose to attend eighteen sessions over the 8 week period that consists of two sessions in week 1, 2 and 3. No sessions in week 4. Four sessions in week 5, and 6, two

sessions in week 7 and five sessions in week 8 (a total of 18 sessions). **Your attendance pattern is totally up to you and is totally flexible.** That means no reason to cancel sessions, miss sessions or be penalised for not attending sessions. That makes it the perfect tool for your lifestyle as you can structure your training around your other commitments.

What will it cost me?

Session costs are determined by the number of classes you pre-pay and the length of time that you choose to commit to the program for. Hence session costs vary between \$11 - \$22 per class.

Can I try it out?

Attending a single **total balance** session will not give you a taste of the overall program, but it will allow you to get a sense of our philosophy and the diversity of people who attend our program. Be our guest and enjoy a complimentary session on us or take advantage of our incredible \$39 introductory offer that allows you to attend as many **total balance** sessions as you like over a 2 week period!

We look forward to welcoming you to our next **total balance** session.



session descriptions

TAILOR YOUR OWN PROGRAM. CHOOSE THE INTENSITY AT WHICH YOU WANT TO WORK.

Sessions are distinguished according to the sort of workout you can expect and fall into one of three categories. Each category is colour coded with a specific colour so you can pick your workout for the day with ease. **Red sessions focus on cardiovascular fitness.** **Blue sessions focus on building strength.** **Green sessions focus on flexibility and body mind awareness.** Each track has been designed to have a mix of each category throughout the week to give a balanced workout.

The following classes are cross training sessions that can be of either moderate or high intensity depending on how you apply yourself in the class.

Event Day Training

Intention This session is intended to better prepare you for the **total balance** event days held quarterly.

Structure Session content specifically targets the events that you will be participating in at the **total balance** event day. The days activities are designed to allow you to better assess how much your fitness level has changed.

Comments The content and structure of the event day will continually evolve as will the content of the event day training.

Games-n-Run (and other combinations)

Intention Have some fun and simultaneously achieve your exercise goals.

Structure The class is generally choreographed so that half the class is spent performing traditional exercises be it running, boxing or a circuit class. The second half of the class is spent playing a range of non-competitive games. They might include tug of war, touch footy, softball, frisbee, and basketball to name a few.

Comments You might find these sessions really nostalgic and a whole lot of fun especially if you don't worry too much about whether you are skilled enough to be participating. So let your hair down and have a laugh.

Hit-n-Run (half and half)

Intention The aim of this session is to introduce you to boxing basics

and maximise your cardiovascular workout by combining a continuous boxing segment (upper body) with a continuous run segment (lower body).

Structure You will either run or box first. This will vary throughout the 8 weeks so that your body is less likely to adapt to the activity. The run component will last approximately 25 minutes with the aim being for you to be moving continuously for that time. The boxing segment will be of a similar duration and a real upper body blast.

Comments This session has proven to be one of the most popular in the **total balance** program. It is a great all round class that's both fun and challenging and an excellent cross training workout. No previous boxing experience is necessary.

Kayak Biathlon (kayak and run)

Intention Combination class incorporating running and kayaking to create a great cross training challenge.

Structure The structure of the class is dependant in part on the number of attendees. Participants will either run for half and kayak for half if numbers permit or we will divide you into groups and create relay type activities using the kayaks and beach as our stage.

Comments Our ocean kayaks are totally safe, stable and really easy to use. Couple that with our extraordinary beach environment and you have the makings of a utopian session.

Mortal Combat

Intention An engaging combination cardiovascular mind body session

Structure This session has a martial arts theme running through it and includes the basics of kicking and

punching as well as some focus on basic self defence skills. Participants will also be given a heavy wooden sword and will be taught modified sword forms. The result is a mindful, challenging and engaging session.

Comments If you are of the school of thinking that exercise is about a whole lot more than getting hot and sweaty then this session might just be for you. The idea behind this class is that you learn to work with more intricate body movements while focusing on body awareness, posture and breath.

Moving Circuit (all terrain focus)

Intention This session utilises the natural surrounds of the parkland and activities from a range of disciplines to create a challenging and engaging hybrid class.

Structure This is an equipment free session with activities including static yoga poses, surging runs, a splash of cross country hilly terrain work, long jump and some martial arts. You will move continuously for 45 minutes with quick changes between each activity.

Comment A fun class for any ability level with all the old classics like step ups, toe taps and jumping around.

Plyo/Box

Intention The aim of this session is to work intensely for short duration followed by a recovery period.

Structure Session content will include fartlek (surging) training, back to back sprints, hill and stair sprints, and shuttle runs interspersed with plyometric type explosive work. A boxing segment will be introduced to allow the body to recover completely.

Comments This session is

simultaneously challenging and structured to cater for a range of fitness and ability levels so do not be frightened off by the perceived difficulty factor.

Run (continuous long run either Park or beach based)

Intention To increase cardiovascular endurance

Structure The aim of the session is to keep moving and work as a group. Choreography is simple though your trainer will employ methods to keep you together as a pack and ensuring that everybody in the group is working to their maximum.

Comments If you enjoy a good run then you will enjoy this session. It is not super creative but it does the job. If you are not generally a runner challenge yourself - you might get a pleasant surprise and a great endorphin rush.

Run & Swim

Intention A cross training class combining swimming and running drills.

Structure Dispense with the self-consciousness of being seen in your bathers and come to Bronte or Bondi for what promises to be a fantastic session. We switch between running on the soft sand, beach based drill, and swimming laps in either the beachside pool or Ocean.

Comments This is a great session for those interested in braving the water. The sessions are taught by qualified swim instructors and lifeguards so stroke correction is also available.

Sprint/Stairs/Hill

Intention This is a high intensity interval training class intended to push you just that little bit further than you thought possible.

Structure This session utilises the natural terrain of whatever park or beach location that we use. As its name suggests, we select a hill, a great set of stairs and some good sprinting ground and then off you go powering through one activity after another.

Comments The class is more suited to participants wanting to really push themselves in an interval training environment. The nature and design of the class also means that it is not appropriate if you have any kind of

ankle, knee or hip injury or weakness

Shark Island Challenge

Intention A kayaking circuit class that truly tests your limits.

Structure Take to your kayak and prepare for the ultimate and most exhilarating fitness session of the summer track. We set out from Rose Bay in our kayaks making our way to Shark Island. On arrival at the island you will leave your kayak and make your way onto the island itself where a challenging circuit awaits you. As you move from one exercise to another you will pit yourself against no-one but yourself and the elements. On completing the circuit you will jump back into your kayaks and make your way back to Rose Bay in record time.

Comments This class is a great way to test yourself in a totally new environment - Go For It !!

Tour de Park

Intention To create a fun, challenging cross training session utilising a combination of bicycles and circuit based activities.

Structure Centennial Park Cycle is the meeting place for this session so don't worry if you don't have your own bicycle. Once we have all been fitted out with bikes and helmets we head to Centennial Park where we create our own mini-biathlon as we run and cycle through various areas of the parklands.

Comment This class is really worth the effort. It's fun, invigorating and challenging and has always been loved by those who attend. The format of the class is probably quite different to what you think it is so the suggestion is that you give it a go before deciding whether it is or is not for you.

The following sessions focus on total body strength training including core stabilisation

Fitball/Skip/Box/Stairs/Soft Sand Run

Intention To create a variety of sessions using fitballs as the core component around which other activities are structured

Structure This session uses theraballs. These large plastic balls

have become increasingly popular in the last few years. Their capacity to support the body through certain planes of movement and challenge muscle stabilisation makes them an excellent tool to utilise for an outdoor strength session. This session is a must for anybody wishing to focus on upper body strength and toning and the lower back/abdomen, or core stabiliser muscles. Incorporated with this session will be either a running, boxing, skipping or soft sand running component.

Comments These combination classes are amongst the most popular sessions in the **total balance** program. The combination simply works.

Gym based Weight Training

Intention Fully body, individualised strength training program/class monitored by an instructor.

Structure This session utilises a combination of free weights and machines. You will be paired up with someone of similar size and strength. From there it's right into it as you flow through a prescribed sequence of exercises. An instructor will be available for guidance, questions and to make sure that you are having a safe and effective workout.

Comments If you are serious about strength/weights training or would like to rehabilitate an injury or strengthen a particular body weakness then this session is a must. Remember that it can be completely tailored to your individual requirement.

Medicine Ball/Agility

Intention Combination class combining core and strength based work with interval based agility work. One of the anticipated outcomes of this training is that it will assist you in developing your reaction time,

Structure This is quite an equipment intensive session utilising medicine balls (of various size and weight), mini hurdles, and agility belts. The explosive nature of the session means that you will go between agility and strength based exercises.

Comments The agility sessions can be a lot of fun - you need to be a little careful at these sessions because of the explosive and directional change type training and movement that they involve.

Medicine Ball/stairs/soft sand/run

Intention To create a variety of sessions using fitballs as the core component around which other activities are structured

Structure This session uses medicine balls as a tool to create some awesome combinations of strength and core based exercises. Like fitball classes this session is a must for anybody wishing to focus on upper body strength and toning and the lower back/abdomen, or core stabiliser muscles. Incorporated with this session will be either a running, boxing, skipping or soft sand running component.

Comments A great all round cardiovascular and strength session

Stationary Circuit

Intention To create a session in which participants achieve short bursts of intensity on a continual basis.

Structure Multiple stations are set up in a large square or rectangle. Participants move from one station to another. Exercises are performed for a duration of between 45-90 seconds.

Comments If you enjoy gym based circuit sessions then you should enjoy the format of these classes. They borrow from traditional gym classes and offer a full body workout.

Strength Circuit

Intention An outdoor strength based session that provides some of the benefits of indoor strength training with the addition of higher intensity endurance training.

Structure The class incorporates dumbbells, body bars, medicine balls and body weight based exercises to create a combination strength and cardio class.

Comments This is a good combination class with just that extra bit of focus on strength as opposed to cardio training.

Strength Circuit w/Resistance Tubing

Intention To create a combination cardiovascular and strength based session.

Structure A combination moving circuit class incorporating resistance tubing with a range of cardiovascular exercises that utilise

the natural terrain and park and beach apparatus.

Comments This is a good combination class that can be both gentle and strong in nature.

Focus on mind body connection, lower upper and core body strength and stabilisation

Cardio Core and Stretch

Intention to create a combination class that combines strong static poses for both upper and lower body with a cardio and core component.

Structure The stretching component of the session focuses on alignment, body awareness, and total body strength. These are integrated into a cardiovascular workout that might include skipping, interval sprint training or evening boxing. In the next stage of the session you will be taken through a dynamic form of pre-choreographed sequences. In the final stage of the class we focus on the muscles of the abdomen and do an intensive sequence of exercises that specifically target this area.

Comments This is a challenging and enjoyable session with a great mix of disciplines. It is especially recommended if you are in the mood for a recovery type session.

Yoga Based Sessions

Intention To bring together a range of different yoga disciplines to add a flexibility and body mind awareness component to the sessions.

Structure We utilise teachers from a range of yoga disciplines including Hatha, Iyengar, Okido (Japanese yoga) and Ashtanga. To create consistency, the same teacher will take sessions for an 8 week block allowing you to grow familiar with the particular style and that way deepen your practice.

Comments The benefits of yoga type training is extraordinary. It is sometimes a challenge teaching yoga outdoors especially in unfavourable weather conditions. However, when these outdoor sessions work they are fantastic.

Body in Motion

Intention To create a fun multi-discipline body mind class.

Structure These sessions borrow from a range of disciplines including

martial arts, western boxing, dance, yoga and free form movement. The activities are all integrated into a single free flowing class.

Comments This class is more experiential than it is a challenging cardio workout. If you are into something different or feel like a change, this class is highly recommended.

Pilates Mat Work

Intention To create an outdoor Pilates based class

Structure This session incorporates Pilates based exercises to create a challenging class focused specifically on core strengthening.

Comments Pilates has become increasingly popular in recent times for good reason. The exercises and training methodology are excellent and combine for a very safe and effective workout.

Foam Roller Concept Classes

Intention To create a session utilising apparatus that focuses on proprioception, balance, core and total body strengthening.

Structure This session utilises foam rollers of various sizes coupled with therabands. Movements are slow and precise and focus on body alignment and balance. The 'unstable' nature of the foam rollers makes them a perfect tool for creating balance based exercises.

Comments This slow and deliberate class requires a lot of focus and concentration. Exercises work on a subtle level so do not expect an extreme workout. Results are longer term and will be felt over time in your every day life.

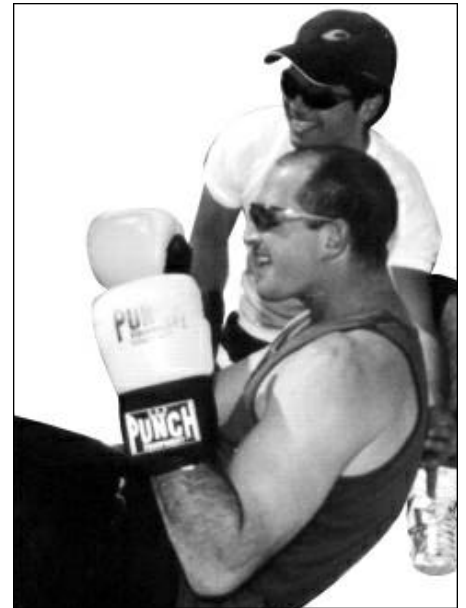
Please refer to timetables for session locations, numbers and dates.

All equipment is included in the program. Session content may be altered depending on participant numbers and weather conditions. In the event of rain pop a top canopies will be erected. In the event of excessively hot or wet weather an indoor option is available.

"I loved the creativity of the sessions and especially enjoyed the constant changes of location. It contributed to the fun and variety. I cannot recommend this program highly enough." **David**

"I was bored and frustrated with exercise and hadn't moved a muscle for months. Mike promised me that the **Total Balance** program would get me back on track. It did, and in February 2001 I'll be joining the program for the 3rd time in succession" **Lisa**

"By the end of the first session any fears that I had about keeping up with the group had dissolved. I pushed myself to my own limits and felt totally supported by the group and the instructors" **Bec**



What should I wear and bring to the session?

Clothing should be comfortable, light and loose-fitting (not too tight or binding at the joints) to allow unrestricted movement. It is preferable to wear clothing that is porous to encourage sweat to evaporate.

Winter As it gets a little cool and a little wet, we recommend several layers of lighter clothing. It is preferable to a single heavy garment and will give you the flexibility of being able to remove outer layers as you warm-up.

Socks that fit properly should be worn during every exercise session. Tight-fitting socks can cause ingrown toenails, and loose fitting socks can cause blisters. Sockless feet can result in blisters, abrasions, shoe odour and excess wear on shoes.

Footwear Improper or inadequate footwear is one of the main causes of injury during exercise. Essential characteristics of proper athletic shoes should include

Support - this is essential to control foot movement, enhance stability and protect against ankle turns

Cushioning - especially in the heel and mid-sole areas

Performance - lightweight and partially porous to allow feet to breathe

Fit - make sure that the toe box should be roomy enough so that you can wiggle your toes. Regardless of the type of shoe worn, exercise shoes should generally be one-half size larger than your regular shoes.

Perhaps the biggest mistake made when evaluating your footwear is failing to replace shoes when they are worn out. The condition of the sole of the shoe is far less important than the condition of the heel (it should not be worn down on either the inner or the outer sides), or any disproportionate wear that results in unusual movement patterns. It is better to replace shoes too soon than to risk injury from worn-out shoes.

(see our newsletter or ask for members' benefits which include experts in athletic gear and members' discounts)

Water We encourage you to bring bottled water to every session.

Mobile Phones If at all possible please do not switch your phone on during your sessions. The ringing phone can be very distracting to the continuity and flow of the session.

Exercise Mat You will be supplied with your own mat as part of your starter pack when you join up. Please bring this mat with you to all sessions as it will be used during stretches.

Exercise Equipment We supply all equipment required for your session. If you do use certain equipment frequently (like boxing gloves) you may prefer to purchase your own. Please advise us if this is the case so that we can advise you on an appropriate purchase.



total balance