



moxy

FITNESS

3 Day Adventure Boot Camp



Many years back, Moxy explored the concept of boot camps by offering three and five day boot camps. The camps were short, intense and a TON OF FUN!!! Soon after, Moxy's Spring Boot Camp evolved (and with much success). Six weeks of intense outdoor training..... what else could a girl ask for??? Well apparently, they're asking for more..... More 3 day boot camps!!! So this August, we're bringing them back!

What: **Moxy Three Day Adventure Boot Camp.** Come join us in a small group setting for three days of adventure! It's a chance to push your limits, test your fitness, enjoy the mountains, and have a great time with fellow Moxy girls. The tentative schedule will be as follows:

7 <u>Friday</u>	8 <u>Saturday</u>	9 <u>Sunday</u>
6:00 — 7:00 am Intervals/Core 6:00 — 7:45 pm Cardio Combo	6:00 — 10:00 am Freel Peak Hike	6:00 — 10:00 am <ul style="list-style-type: none"> • Kayak • Bliss run • Circuit

FUN!!!

When: August 7th—August 9th

Who: This first camp is geared toward the **intermediate/advanced levels** and there are **only 15 spots** available. Our goal is to keep the group small and the fitness level similar in order to move at a steady pace and get the most out of the three days as possible.

How Much: **\$120.** This includes over 11 hours of class, kayak rental, and a Moxy style “continental breakfast.” What a deal! 😊

Other Stuff: Seeing as there are only 15 spots available, we may fill up quick! Please be sure to let us know if you would like to join us for the weekend as soon as possible. A \$50 deposit is required to reserve a spot and can be mailed to:

Melanie Garcia
 1756 Venice Drive
 South Lake Tahoe,
 Ca 96150

“It is only in **adventure** that some people succeed in knowing themselves... in finding themselves.”

