

moxy
FITNESS



APRIL
NEWSLETTER
2009



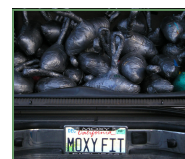
Why push-ups???

The humble push-up may be the best exercise around– cheap, portable and versatile...

More than a mere exercise, the humble push-up can be viewed as nothing less than a metaphor for life itself. Think of it's motion as mirroring the cyclical, up-and-down nature of existence. Often, as in life, you are pushing against your own weight, seeking to overcome self-imposed limits. To perform it well, it takes backbone– both literally and in terms of fortitude. Push-ups aren't guaranteed to be easy

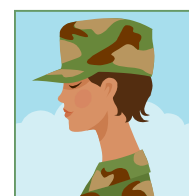
and can be harsh in the pain they inflict. Yet, done well, the exercise offers moments of sublime bliss where mind and muscle meld. Like life. Then again, put aside the deep thinking. Push-ups may just be a great workout– certainly one for this age of frugality. Such utility, really is the overriding reason such an old-school exercise has endured in this era of fancy gym equipment, elaborate cross-training regimens and scientific advancements. What other single exercise in a fitness buff's repertoire involves muscle groups such as the chest, shoulders, back, arms, abdomen, hips and legs? And if you perform enough push-ups in a short enough amount of time, it even can provide an aerobic workout. All that can be accomplished by putting one's body in a rigid, plank-like position and raising and lowering your weight. Amazing in it's simplicity.

COMING SOON.... MOXY BOOT CAMP 2009



- 6 WEEKS
- 6 DAYS/WEEK
- THREE GROUPS OF VARYING FITNESS LEVELS
- PRE-CAMP FITNESS TEST
- MANDATORY DIET
- BOOT CAMP MANUAL
- BOOT CAMP SWAG
- SPLIT INTO TWO 3-WEEK BLOCKS
- BODY FAT TESTING AND WEIGHT/MEASUREMENTS

- \$299
- 10 DIFFERENT WORKOUTS
 1. CORE CONNECTION
 2. CARDIO BLAST
 3. UPPER BODY & ABS
 4. CARDIO
 5. LOWER BODY AND ABS
 6. PLYOMETRICS
 7. LEGS AND BACK
 8. UPPER BODY PLUS
 9. TOTAL BODY PLUS
 10. INTERVALS
- YOGA MAT & EXERCISE BANDS REQUIRED (EASY AND HARD)



MAY 4TH – JUNE 13TH

ONLY 15 SPOTS LEFT.... DON'T MISS OUT!!!!



Don't forget to check this out!!!!

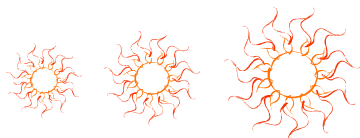
We are very excited to announce the launching of Moxy's all new and improved website! Stay updated with schedules, class information, exercises, healthy recipes and much more. Stayed tuned for exercise videos as well as daily clips and photos... Vist us at www.Moxyfitness.com.



FIND OUT WHAT'S INSIDE....**OUTSIDE**. GET OUT. GET MOXY.

www.moxyfitness.com

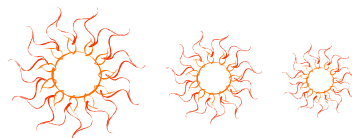




Moxy



Girl



Meet Moxy girl **Lisa Anton**!!! Lisa joined Moxy as one of our youngest members, but proved age does not matter– from day one Lisa has proven to be one TOUGH Moxy girl! Determined, strong, and dedicated... Just ask anyone who watched Lisa cross the finish line after 26.2 painful miles!!! She's got MOXY!!!

How long have you been a Moxy girl? Almost four years (on and off) **Favorite Moxy workout?** Camp Rich circuit and Tallac hikes **Biggest weakness?** Running uphill!!!! **Little known Fact?** I swam competitively for 10 years **Secret talent?** I'm a compulsive organizer! **I'm most afraid of?** SPIDERS! **My friends and family would describe me as?** Loving, honest, loyal and a little crazy at times! **Sport of choice?** Soccer and swimming. I would love to play again! **Squat Thrusts or hill repeats?** Hill repeats are much more fun! **Nickname?** Lis. When

I played soccer in high school my dad would call me Elly May. I was a bit aggressive as a defender. **In my next lifetime I would love to be?** A water ski instructor at Club Med! **I love being a Moxy girl because...** I love spending time with strong women. I admire women that have muscles and know how to use them. I've also made amazing friends! 🌸



"The first step towards getting somewhere is to decide that you are not going to stay where you are."

DON'T FORGET YOUR MOXY GEAR THIS SPRING!



COFFEE MUGS: KEEP YOUR COFFEE OR TEA WARM THIS SPRING IN YOUR MOXY MUG. (\$15)

MOXY TEE: (BLACK OR BLUE) SHOW OF AROUND TOWN IN YOUR MOXY T-SHIRT! (\$15)

MOXY BEANIE: LIVING IN THE MOUNTAINS MEANS CHILLY EARLY MORNINGS... STAY WARM WITH OUR NEW BLUE MOXY BEANIE! (\$15)

** SOME SIZES ARE LIMITED, BUT WE DO LOOK FORWARD TO MORE MOXY GEAR THIS SEASON!



"There are people who will always come up with reasons why you can't do what you want to do. IGNORE THEM."



Moxy Spring Trivia!!!!

Be the first to get all (or most) of the Moxy trivia correct and win your choice of a Moxy coffee mug or beanie! Send your response to Melanie at Melanie@moxyfitness.com. Good Luck!

1. What was the original name of Moxy Fitness?
2. Which Moxy trainer has an obsession with SHOES?
3. How many calories must you burn to equal one pound?
4. Name two exercises that target your glutes?
5. What are Moxy's team colors?
6. Which Moxy trainer is also known As "Lu-Lu?"
7. During our Endurance training, what does "LSD" stand for?
8. During boot camp, absolutely NO white stuff is allowed...what's the "white stuff" refer to?
9. The Minden Moxy girls hold their indoor classes at what gym?
10. During our cardio days, in order to keep the group together we may back track– what do we call this?
11. In her spare time, this Moxy trainer also teaches piano....who is she?
12. On the Moxy website, what four exercises are listed for the fitness videos?

