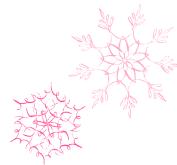


**moxy**  
FITNESS



APRIL  
NEWSLETTER  
2013



Boot Camp "Noodle Hockey!"

April Session Starts Soon!

**April 15th—May 10th**

MWF @ 6:00 am

Cardio Club:

Thurs @ 6:00 am

\$110

3x/week- \$100

2x/week- \$75

\*\*With the light snow year, we are looking forward to getting back to some outdoor workouts this session! We'll keep you posted on a weekly basis. 😊



**I WANT  
YOU  
FOR  
BOOT  
CAMP.**

## MOXY SPRING BOOT CAMP 2013

**MAY 13TH – JUNE 21ST**

**MWF @ 6:00 AM**

**TUES/THURS @ 6:00 AM  
(RUNNING CLUB)**

**\$199**

**3 DAYS/WEEK**

**\$150**

*"Make the most of yourself,  
for that is all there is of you."*

**RESERVE YOUR SPOT TODAY!**

### Flax Seed Granola

7- 7 1/2 Cups Rolled Oats

2 Cups Bran

1 Cup Raw Pumpkin

Seeds

1 Cup Coconut Flakes

(Grass Roots has great coconut!)

2 Cups Sliced Almonds

1 Cup Flaxseed

1 Tablespoon Cinnamon

1/2 tsp Salt

1 Cup Real Maple Syrup

1/2 Cup Canola Oil

1/2 Cup Honey

1 Tablespoon Vanilla



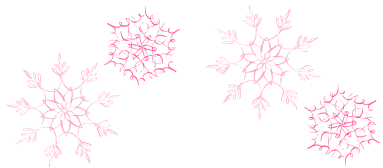
Heat oven to 350 degrees. In a large bowl, combine all dry ingredients & sprinkle with cinnamon. In a sauce pan, mix salt, syrup, oil, honey and vanilla until thin—about 5 minutes. Pour over mixture and coat well. Spread onto sprayed pans and bake until golden brown and fragrant, stirring often (about 20—30 minutes). Let cool completely and store in an airtight container. Yum!!



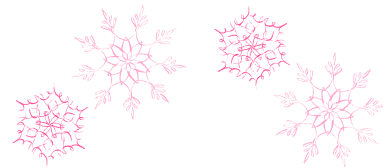
FIND OUT WHAT'S INSIDE....**OUTSIDE.** GET OUT. GET MOXY.

[www.moxyfitness.com](http://www.moxyfitness.com)





# Moxy Girl



Meet Moxy Girl **Robin LaFleur!!!** As if running a pre school out of her home wasn't enough to tackle- Robin adds to the challenge by starting many of her days with Moxy! With each workout, she brings a great smile, positive attitude and a HUGE effort! And in case you haven't noticed, this girl has great form throughout the workout and has gotten **SO STRONG** over the last two years!!!



**How long have you been a Moxy Girl?** I have been a Moxy girl since Boot Camp May 2011 **What keeps you coming back for more?** Seeing my strength and cardio improve and striving to feel physically better from health problems. I also truly enjoy the one hour to myself without children and family! **Occupation?** I have owned my "Little Sprouts" business for over 17 years, caring for children from infancy to kindergarten. Providing all day care and an play-based pre-school program focusing on the arts, science, music, and sensory play **Dream Occupation?** Unless I win the lottery, I think I have the best job in the world. I'm self-employed, able to use my passionate skills in art, photography, and culinary arts, and work with the most precious children of all ages **Hidden Talent?** My hidden talent is that I have a Culinary Arts Degree **Next Adventure?** My next adventure is traveling with my family to Arizona, camping and hiking the Grand Canyon, running down the Kelso Sand Dunes in the Mojave Desert, canoeing the granite dells, hiking and exploring Indian ruins and the red rocks of Sedona and Flagstaff, Canyon de Chelly, seeing the Petrified Forest.... We will see what our trip unfolds! **Cardio or Strength Days?** I like a good mix of both cardio and strength, but cardio always makes me feel like I really worked out hard! **What winds you up?** Having to dress 12 children in snowsuits everyday in winter.... by spring I'm exhausted! (Now that's IMPRESSIVE Robin!) **How do you unwind?** Taking a beautiful hike and photographing my adventure along the way **Most successful failure?** My first marriage!!!! **On your bucket list???** I am consistently working on my bucket list. There are too many beautiful places in the world I want to explore. Every year I work on traveling to somewhere new that I have wanted to explore. If I had the money I would love to go to Africa with my family and rent a safari camping rig where we could camp amidst the zebras, giraffes, and lions in the National Park. I think it would be an amazing and different experience. I personally know a family who has done this with their family...now I am determined to get there someday **I'm most satisfied when...?** When I spend quality time with my family exploring the outdoors **Salty or Sweet?** I am definitely a sweet girl! **Your biggest accomplishment with Moxy?** My biggest accomplishment with Moxy is learning to enjoy running and having the courage to take a morning run by myself in the meadow! Also to feel strong enough to continue to hike the highest mountain with my 4 year old on my back! (AWESOME!) **I love being a Moxy Girl because...?** I love being a Moxy girl because Moxy pushes me in ways that I wouldn't push myself 😊



**Are you a Tamba member???** The Tahoe Area Mountain Biking Association (TAMBA) is a non-profit group dedicated to the stewardship of sustainable, multi-use trails and preserving access for mountain bikers through advocacy, education and promotion of responsible trail use. Whether you're a mountain biker or just an outdoor enthusiast, TAMBA is a great volunteer-run organization to support! Membership dues help support trail building, maintenance, future projects and outreach. For more information, visit their website ([www.mountainbiketahoe.org](http://www.mountainbiketahoe.org)) or "Like" them on Facebook. Even better, join them on April 24th @ 6:00 at the American Legion for their "Spring Fling" party and take care of your membership in person! Come celebrate biking season and give to a great cause!

