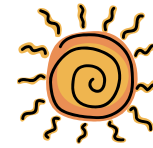


April Session



GEAR LIST



- Exercise band
- Running shoes
- Watch
- Non-cotton workout layers

Please bring your exercise band to ALL Monday, Wednesday & Friday workouts.

Running Club

Thursday mornings are club workouts. The running club is open to anyone looking to add a little more cardio to their week. All fitness levels are welcome, walkers and runners alike.



PHONE LIST:

Erika—318-3035
"Snow Phone"

Melanie—318-4782
Sarah—545-2544
Robin—416-2800
Tracie—314-1037

www.moxyfitness.com

Mon	Tue	Wed	Thu	Fri	Sat
6:00am ETG 15	16	6:00am ETG 17	6:00am TBA 18	6:00am ETG 19	20
6:00am ETG 22	23	6:00am ETG 24	6:00am TBA 25	6:00am ETG 26	27
6:00am ETG 29	30	6:00am ETG 1	6:00am TBA 2	6:00am ETG 3	4
6:00am ETG 6	7	6:00am ETG 8	6:00am TBA 9	6:00am ETG 10	11



The snow is melted and the beaches and trails are clear! YAHOO!!!! Doesn't mean we won't get more snow, but we are at least on our way to getting back outside for some of our favorite Moxy Workouts and trail runs! We will be switching from ETG to an outdoor location on occasion this session, so pay attention to any emails or Facebook posts indicating a location change!