



Boot Camp Workouts

Each workout will be new and exciting, keeping your body guessing and constantly trying to adapt and improve. If you see **(exercise band)** listed under the workout, then you will need to bring your exercise band that day. If you don't already have one, we sell them for \$10.

GEAR LIST

Exercise band
Running shoes
Watch
(recommended)

Non-cotton workout layers



PHONE LIST:

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"Snow Phone"

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www.moxifitness.com

JUNE

Mon	Tue	Wed	Thu	Fri	Sat
6:00am 30 Cardio Combo Valhalla	31	6:00am 1 Tabata Workout Pope Beach	2	6:00am 3 Partner Workout Skate Park <i>(exercise band)</i>	4
6:00am 6 Cardio Onedias	7	6:00am 8 Cardio Pyramid Pope Beach <i>(exercise band)</i>	9	6:00am 10 TBA	11

**NOBODY TRIPS OVER MOUNTAINS.
IT IS THE SMALL PEBBLE THAT CAUSES YOU TO STUMBLE.**



**PASS ALL THE PEBBLES IN YOUR PATH
AND YOU WILL FIND YOU HAVE CROSSED THE MOUNTAIN.**