



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:

Erika—318-3035

"Snow Phone"

Melanie—318-4782

Sarah—545-2544

Robin—416-2800

Tracie—314-1037

www.moxyfitness.com

MAY

Mon	Tue	Wed	Thu	Fri	Sat
6:00am 9 First Meeting Escobar Training Grounds	10	6:00am 11 Cardio Combo Bike Trail	12	6:00am 13 Dock to Dock Camp Rich <i>(exercise band)</i>	14
6:00am 16 Track Circuit Baseball Fields <i>(exercise band)</i>	17	6:00am 18 Moxy 50 Pope Beach <i>(exercise band)</i>	19	6:00am 20 Cardio Meyers Grade	21
6:00am 23 I GO U GO Kiva Beach <i>(exercise band)</i>	24	6:00am 25 5X Thru Baldwin Beach <i>(exercise band)</i>	26	6:00am 27 Intervals & Core Camp Rich	28

The breeze at dawn has secrets to tell you.
 Don't go back to sleep.....

