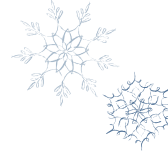


# moxy

FITNESS



MARCH  
NEWSLETTER  
2012



**Tim Ferris**, author of *The 4-Hour Body*, thinks that people are motivated by money. We thought we'd test out his theory. For each block of Boot Camp we will offer the

**Ferris Formula.** If you make EVERY workout during the month you will receive a 20% credit towards the next months' session.

But remember, you must attend EVERY workout—NO excuses!! And the really great thing about this program is that not only are you saving money, you are getting in amazing shape, because you are showing up EVERY day. And consistency really is the **key to success.**

Congrats to Julie Snyder, Kristi Schumaker, Jen Trew, Shaina Lucas, Natalie Collin, Rita Frink, ..... Their commitment to the program has increased their fitness levels as well as give them a little extra cash in their pockets! Who couldn't use an extra \$20 this month??? That's an extra latte each week or few gallons of gas! Come try for yourself. 😊

**"Snooze buttons aren't part of the program. Get up... Get MOXY!!!"**

WE ARE HALF WAY THROUGH OUR WINTER **TNT BOOT CAMP** AND SEEING GREAT RESULTS! JOIN US FOR THE LAST TWO BLOCKS OF BOOT CAMP AND WELCOME SPRING FEELING HEALTHY AND STRONG! WE HAVE SOLD OUT FOR EACH BLOCK SO BE SURE TO RESERVE A SPOT!

**MOXY TNT BOOT CAMP:**  
**BLOCK #3**  
**FEB. 27TH – MARCH 24TH**

**BLOCK #4**  
**MARCH 26TH – APRIL 21ST**

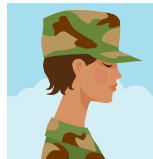
EACH BLOCK IS M,W,F @ 6:00 A.M.  
AND SAT @ 6:30 A.M.  
**\$100**  
2X'S/WEEK OPTION- \$70

TO RESERVE YOUR SPOT EMAIL  
([ERIKA@MOXYFITNESS.COM](mailto:ERIKA@MOXYFITNESS.COM)) OR CALL  
ERIKA @ 530-318-3035

## **MOXY SPRING BOOT CAMP**

MAY 7TH – JUNE 16TH, 2012  
MON – SAT @ 6:00 A.M.

MARK YOUR CALENDER.  
**DON'T MISS OUT!**



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

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





# Moxy

## 2011

To the mornings spent greeting the sunrise and pushing our physical limits.... "Thanks." To the MANY mornings to come, never tiring of this great Moxy ritual... "YES!!!" Thanks for being a part of our lives each day!

