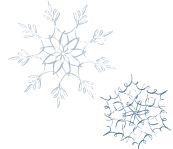


**moxy**  
FITNESS



JANUARY  
NEWSLETTER  
2010

**Did you miss out on the Moxy TNT boot camp???**  
Well, you happen to be in luck! With the perfect combination of **TRX** and **TABATA**, this year's winter boot camp has created tight abs, powerful glutes, spiked cardio fitness and proud Moxy girls! Therefore, we've decided to add more TNT to our calendar! Check it out:

**Moxy TNT Fit Camp (\$175)**  
Feb. 15th—March 27th  
M, T, W, F & Sat @ 6:00 a.m.

★ It's the same format, just without the boot camp swag, diet, fitness testing and weigh-in. We WILL sell out— Don't miss it!



It's Moxy's first official **FULL MOON** snowshoe!

Come join us for an evening snowshoe adventure under the light of the moon!

**February 28th @ 6:30 p.m.**  
(location to be announced)

"When I admire the wonder of a sunrise or the beauty of the moon, my soul expands."

"Do not wait for life. Do not long for it. Be aware, always and at every moment, that the miracle is in the *here and now*."



It's a bird... It's a plane.... It's a **BLOG!!**  
A what?!? A blog. A personal diary. A daily pulpit. A collaborative space. A political soapbox. A breaking-news outlet. A collection of links. Your own private thoughts. Memos to the world...

Check out the all new **MOXY BLOG** (that's right... we're "bloggers" now!) for fitness tips, daily workouts, videos, pictures, inspirational quotes and any other random facts or tid-bits that may brighten your day!!!

**WWW.MOXYFITNESS.COM**



FIND OUT WHAT'S INSIDE....**OUTSIDE**. GET OUT. GET MOXY.  
[www.moxyfitness.com](http://www.moxyfitness.com)





2009



Moxy Girls

Call it a clan, call it a network,  
call it a tribe, call it a family.  
Whatever you call it, whoever  
you are... you need one."

