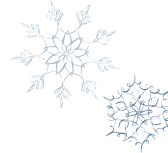


moxy

FITNESS



FEBRUARY
NEWSLETTER
2011



Since the Moxy Newsletter occasionally turns Bi-monthly and we *accidentally* missed January, this is a very belated **'HAPPY NEW YEAR'** wish to all. We hope you are blessed with perfect health & fitness, love, friendship, lots of fresh mountain air..... And all the other GREAT things in life! Thanks for your continued support month after month and for many of you, year after year. We appreciate your loyalty and love having you on the Moxy team!!! We look forward to more great classes, trail runs, hikes and sunrises in 2011. **Get Out. Get MOXY.**

Next on the Moxy Line-up:

March Fitness Session

March 7th — April 16th, 2011 (6 weeks!)
M,W,F, Sat @ 6:00a.m. \$150
M,W,F @ 5:00 a.m. \$110

With much success over the past few months, we will be continuing to mix up the M,W,F strength sessions to keep workouts fun and challenging. Also, since the 30/30 challenge has been such a GREAT addition to each day and a fun way to commit to yourself as well as your fellow Moxy Girls, you can most likely plan on a new challenge to come! (hmmm... maybe push-ups and Sprinters Crunch???)
What do you think ladies? What would you LOVE to add to your daily routine? ;)



Looking for something other than running or snow shoeing to keep you fit during the winter months? How about throwing on some cross country skis for an afternoon? It's an AWESOME workout and experts agree that cross-country skiing is among the most aerobically complete activities due to the high level of involvement and intensity of the upper body muscles, as well as the lower body. Depending on the style and technique you use, the shoulders, arms, upper and lower back, and the abdominal muscles are all involved to one degree or another. Strength and endurance are developed differently than in running. Also, cross-country skiing is a lower impact activity than running. Many runners find the change of activities provides a welcome rest from the stress on the joints and muscles that comes from long distance running. And, the time and distance you cover in training sessions can be as long or longer with less strain on the body, making it a great way to improve aerobic endurance. 😊



Don't forget to "Like" us on facebook! It's been a fun way to stay connected, check out photos, get Moxy updates and compare battles stories.



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

www.moxyfitness.com





Moxy 2010

