



moxy
FITNESS



JUNE
NEWSLETTER
2010



Check out what's new for summer!

Moxy is headed to **Nevada** for an all new Summer Fitness Session! That's right Nevada girls..... This summer we will be coming to YOU! No more long commutes. No more missing out. Tell your friends and sign up today!

Moxy Nevada Summer Session

- June 21st — Aug 6th (7 weeks)
- Mon, Wed & Fri @ 6:00 a.m.
- \$125
- All new Nevada locations-TBA

Come out and enjoy a summer of Fitness, friends and fresh air on YOUR side of the lake!

To reserve a spot visit us at www.Moxyfitness.com

Summer is right around the corner with beach days, BBQs, camping trips and much more! Don't let the indulgences of summer ruin all your hard work! Commit to **STAY FIT** through the summer and join the Moxy team! Here's how:

Moxy's 'Fit for Summer' Session

- June 14th—August 7th
- M,W,F and Sat @6:00 a.m.
- \$170
- Includes our Annual Tallac hike and Bliss Run

★ Boot Camp Girls be sure to ask about our referral program! ★



Spring Boot Camp 2010...

Four weeks down and two to go! This year's boot camp is **ROCK'IN!** Wind, snow, rain... we're taking it on and getting strong! Keep it up girls.



"Candy, cookies, ice cream cake,
Throw it out for goodness sake.

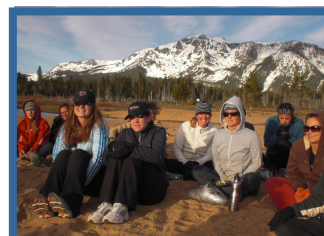


Boot Camp makes you change your mind,
Real food makes you looked defined.
Biceps, triceps, glutes and core,
Do them all and then there's more.

I'm so sore I cannot walk,
Run through the woods and follow chalk.
"This feels awesome," hear me shout,
And it does, there's just no doubt.

Legs are burning, end this song,

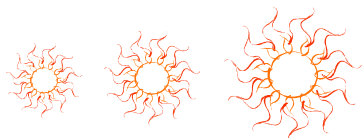
MOXY BOOT CAMP MAKES YOU STRONG!!!"



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

www.moxyfitness.com

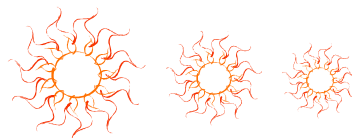




Moxy



Girl



Meet Moxy Girl **Lindsey Florence!!!** She's quiet and unassuming. She's quick with a smile and makes friends easily, but don't let her sweet side fool you– This Moxy Girl's favorite workout is *Tabata* and she 's also been known to hitchhike in the middle of a Moxy scavenger hunt!!!

How long have you been a Moxy Girl? I have been a Moxy Girl for a year now! (And love it!!!) **What's your favorite Moxy workout?** Believe it or not, I like Tabata and the anaerobic workouts. They kick my butt and make me push myself that much harder. **Little known fact?** I grew up in the Bay Area and have lived in Tahoe for a little over a year now, so living in the snow this past season was a new and exciting adventure. That includes workouts in the snow too! **Occupation?** **Dream occupation?** I guess my current occupation is a student. :) I'm hoping that this year will be my year to start the nursing program. My dream job is to be a nurse. Ideally, I would like to be an OR nurse or something in a related orthopedic field. **In one word I would describe myself as...** Friendly! **What are you most proud of?** I am most proud of my determination– in many aspects of my life **Squat thrusts or Suicides?**

Squat thrusts Worst habit? Shopping! I love shopping. For anything really; new workout clothes, swimsuits, home décor.... **Salty or sweet?** Both! Probably more sweet though! **Next big adventure/goals?** Besides school being my next big hurdle, I would like to run a half marathon this year. I am looking forward to the Endurance Camp to help me achieve that goal. **Nickname?** Lindz **I love being a Moxy Girl because...** It's a great start to the day! Get up early to workout in a beautiful setting, surrounded by women motivating and supporting you to be a better you. I always feel better afterwards and go through the rest of my day in a positive and happy mood! ☺



Black Bean, Roasted Corn and Avocado Salad on a bed of Red Quinoa

1 cup Red Quinoa, cooked with broth
2 cups chicken or vegetable broth
1– 15 oz. black beans, drained and rinsed
2 cups roasted corn kernels
1 avocado, cut into 1/2 inch pieces
1 pint grape tomatoes, halves

1/2 cup red onion, finely diced
3/4 cup Salad dressing of choice
(Annie's dressings work well)
1/2 bunch cilantro, chopped
1/4 cup olive oil
Zest of lime, sea salt and pepper



Cook quinoa with broth according to package directions. While quinoa is cooking, combine beans, corn, avocado, tomatoes and onion. Top with salad dressing and toss gently. Add salt, pepper and lime zest to taste. Add 1/2 of cilantro and gently toss once more. Set aside.

When quinoa is cooked, toss with olive oil; add salt and pepper to taste. Set aside to cool. When ready to serve, spread quinoa on a large serving platter and top with corn and bean mixture. Garnish with remaining cilantro. (add a bed of spinach to get some extra "greens") Enjoy.



"Don't be content with average because average is just as close to the bottom as it is to the top!"

