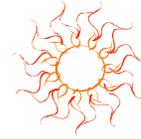


moxy
FITNESS



JUNE
NEWSLETTER
2012

Check out our summer schedule and events!

Summer Session Block # 1

June 18th – July 13th
MWF @ 6:00 a.m. **(\$110)**
Tues– Running Club
****2x/week (\$75)**

Summer Session Block #2

July 16th – Aug 10th
MWF @ 6:00 a.m. **(\$110)**
Tues– Running Club
****2x/week (\$75)**



Summer Special

Sign up and pay for both summer blocks together and receive 10% off!
Do yourself a favor and commit to stay fit this summer!

(Does not apply to 2x/week session)

During the warm summer months, we love getting out with the girls for some extra Moxy Adventures! As usual, we will be scheduling in our **TallaC** and **Free Peak** hikes– Always a GREAT time. We also look forward to some evening **mountain bike** sessions as well as some **paddle board** mornings with **South Tahoe SUP!**

We are all lucky enough to live in this beautiful outdoor playground.... If you're not getting out and enjoying it, you're **MISSING OUT!** Keep your eyes open for these extra Moxy mornings and don't miss out this summer! Get out. Get **MOXY.**



THE TEMPERATURES ARE RISING, MAKING IT EVEN MORE IMPORTANT TO HYDRATE AND REPLACE ELECTROLYTES (ESPECIALLY WITH HEAVY EXERCISE). YOU CAN MAKE YOUR OWN ELECTROLYTE WATER AT HOME TO SAVE MONEY AND AVOID ALL THOSE SUGARY SPORT DRINKS!

ELECTROLYTE WATER
1 LITER OF WATER
1/2 TSP BAKING SODA
2 TBSP AGAVE NECTAR
1/2 TBSP SEA SALT



COMBINE ALL INGREDIENTS IN A WATER BOTTLE AND SIP AS NEEDED!



Tahoe Legends Run

June 16th, 2012 @ 8:00a.m.
5K & 10K Run

Race Starts at the LTCC parking area and finishes at South Tahoe Middle School track, combining trail and bike trails to make a fun, challenging course.

Entry: \$30 or \$100 for teams of 5

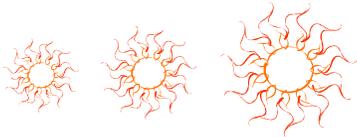
All proceeds go to the non-profit **TR4CK**, promoting track & field to the community as well as maintaining and caring for the track.



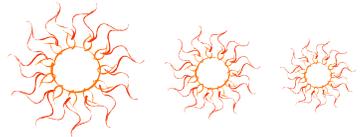
FIND OUT WHAT'S INSIDE....**OUTSIDE.** GET OUT. GET MOXY.

www.moxyfitness.com





Moxy Girl



Meet Moxy Girl **Myakia Corrigan**!!! Getting to know Myakia over the last few years and seeing her progress and even run her first half marathon has been **AWESOME**. She is strong and athletic, free-spirited, adventurous and just an all around great person!!! She is one of those people that's just *easy* to be around!

How long have you been a Moxy Girl? I am going on 4 years now, I can't imagine my life without MOXY. **Your biggest achievement through Moxy?** I would have to say being able to run the Nike Women's Half Marathon. That was an amazing experience for me. I was a certified "non runner" before MOXY.

Nickname? I have never really had a nickname but my kids seem to think it is "MOM!" 😊

Guilty Pleasure? I love fresh warm bread!

What makes you giggle? Watching my kids wrestle- they are hilarious! **What makes you growl?** My laundry pile :) **Hidden talent?** I can put my leg behind my head... is that a talent? I hear I give a pretty good massage too! **Squat thrusts or suicides?** Squat thrusts. I have grown to like them. **What's the most recent thing you've learned about yourself?** That I AM strong and I like it! (Yes, you ARE!!!) **ONE word that best describes yourself?** Passionate.

When I grow up I want to? Sail around the world- I would like to spend some time out at sea. **Salty or sweet?** Oh, just the right amount of both, they compliment each other so well! **I love being a Moxy Girl because???**

I LOVE being a part of something so awesome- surrounded by so many inspiring, strong, beautiful women. I came into MOXY wanting to loose weight and I have learned that it is about so much more than just weight loss. MOXY has given me back a part of my life that I was letting slip away and I will always be thankful for that. I love that I love MOXY! (We do too Myakia!) 😊



You know that **GROSSED-out** feeling you get when you go to use a piece of equipment at the gym, and it's covered with someone else's sweat? We don't.

