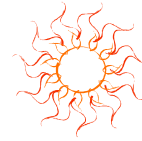


moxy
FITNESS



JUNE
NEWSLETTER
2011

We are praying for sunshine and warm weather!!! Check out our Summer schedule:

<p style="text-align: center;">TAHOE</p> <p style="text-align: center;"><u>June 13th - July 15th</u> (5 weeks) M, T, W & F (6:00 a.m.) \$125</p>	<p style="text-align: center;">TAHOE</p> <p style="text-align: center;"><u>July 17th - Aug 19th</u> (5 weeks) M, T, W & F (6:00 a.m.) \$125</p>	<p style="text-align: center;">NEVADA</p> <p style="text-align: center;"><u>June 13th - July 8th</u> M, W & F 6:00 a.m. \$85</p>	<p style="text-align: center;">NEVADA</p> <p style="text-align: center;"><u>July 11th - Aug 5th</u> M, W & F 6:00 a.m. \$85</p>
-------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------

New this summer, is a weekday only training schedule. We hope this will help with your already busy weekends during the summer months. We will however, have some fun weekend activities throughout the summer (hikes, runs, etc.). As usual, our summer sessions will consist of both strength and cardio days, mixing up class format each day to keep it fresh and FUN! **Get OUT.... Get MOXY!**

Sign-up online through **paypal (www.moxyfitness.com), mail your check to Erika (1755 Venice Dr, South Lake Tahoe, Ca 96150) or shoot us an email to save your spot and bring your payment to the first class!



CHECK IT OUT:

MOXY REFERRAL PROGRAM



REFER A **NEW** MOXY MEMBER AND YOU WILL **BOTH** RECEIVE **20% OFF!!**

TAKE ADVANTAGE OF GETTING YOUR FAVORITE GIRLS TO JOIN YOU FOR A SUNRISE AND SAVE SOME \$\$\$\$

***OFFER ALSO APPLIES TO *TWO NEW MEMBERS*



"**MOXY**. It's a way of life, an attitude, a frame of mind. Mom. Teacher. Nurse. **YOU**. If we had to explain it, you wouldn't understand. It's for those who are willing to sleep less to stay fit. We are a **TEAM** of women who enjoy working hard together because we know that complacency is the enemy. We are up with the sun and out with the girls. Hitting the snooze button is the easy part. Chatting with the girls between sprints and squat thrusts is the hard part. Who said fitness and friendship can't take place at dawn? A little coffee goes a long way! Remember... Moxy is more than just an hour, it's a lifestyle. Strength, inspiration & energy follow us wherever we go."

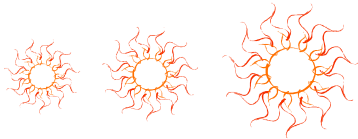
Here's to **YOU** girls... for giving nothing but your best each day of Boot Camp... For your commitment to the team... For finding your **INNER MOXY**. Keep up the excellent work!



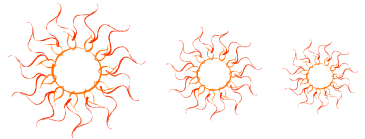
FIND OUT WHAT'S INSIDE....**OUTSIDE**. GET OUT. GET MOXY.

www.moxyfitness.com





Moxy Girl



Meet Moxy Girl **Heidi Hill Drum!!!** Heidi is *always* one of our biggest supporters and cheerleaders... We are quite big fans of hers as well! She's Kind, understanding and fair. She stands up for what she believes in and works hard to get what she deserves. This Moxy Girl is dedicated, fit and boy, can she RUN!!! We are happy to have her on the Moxy team! ☺

1. How long have you been a Moxy Girl? Since forever. (winter of 2004 to be exact!) I think I must be the matriarch of boot camp! **2. Favorite Moxy workout? Least favorite?** Favorite - any beach workout. Least favorite - any where I have to do 100 push-ups or squat thrusts. **3. Nickname?** Turtle and proud of it! **4. My friends and family would describe me as?** Loyal **5. Salty or Sweet?** Both - salted dark chocolate caramel is my current favorite **6. Hidden Talent?** Well, since it is confusing what I do for work and since I must be talented enough to get paid to do it - here it is: I am a mediator and public outreach specialist. That basically means I facilitate large public meetings for government agencies and non-profit organizations. I help groups collaborate and better inform the public about their plans. I love my job because I firmly believe that the public and government should work together. When everyone sits at the same table, generally the results are better in the end. Plus, collaborating is way more fun than fighting! **7. In my next life, I would like to?** Be lucky enough to have my current life, minus a couple of regrettable mistakes in my younger years... **8. Push-Ups or Squat Thrusts?** Ah, c'mon - see question #2. **9. Who is your Hero?** The firefighters, police, teachers and others who are under-appreciated for all that they do. And most of the moms I know, too!

10. One thing on my bucket list is...? Tour de France - check! Marathon - check! Marathon in 4:44... remember, my nickname is Turtle! We'll see on October 16! **11. Favorite Indulgence?** Good champagne, pizza and beer, key lime pie, really I could go on and on. But I am liking Moxy approved wheat berry bread more and more... not! **12. I love being a Moxy Girl because.....???** I love starting my day in such a positive way. Ok, yes, I might complain about the 100 pushups, but really, I'm always happy when I've gotten to hang with such an amazing group of women and I know I deserve that long, hot shower when I get home! My days are so much better after a Moxy morning. When John brought home the pre-Moxy flyer (Outdoor Peak Fitness) and encouraged me to try it, I said "you really don't know me since there is no way this Florida girl is going to get up in the dark, 30 degree cold and go workout outside!" Then I had kids, realized I needed to work-out when I could, and voila - now this Florida girl is hooked on getting up in the dark, freezing cold to go work-out outside!!!



Mother-Daughter Summer Boot Camp

- June 20th– July 1st (2 weeks)
- Classes held M-F @ 6:00 a.m.
- \$100 per Mother/Daughter team

"If you give your daughter only one gift, let it be the gift of enthusiasm."

One thing we cherish about Moxy is the unspoken bond and trust that forms amongst the group of women. We are mothers, daughters and girlfriends... Strong, bold and confident. We listen, encourage and grow each day. We are working our bodies to stay healthy, but are strong and beautiful from the inside out. Now that's something to celebrate!

Take this opportunity to experience this with some one that will one day grow to be a great friend... Your daughter. We hope to provide the perfect environment to work together, play together, enjoy each others company and realize that it's a wonderful thing to

"RUN LIKE A GIRL."

*** Minimum age- 12 years