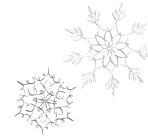


moxy
FITNESS



MARCH
NEWSLETTER
2008

Mark your calendars for upcoming events...

"Moxy on the Mountain"

What: A casual Ski/snowboard day for Moxy girls (and friends). There's nothing better than sunshine (hopefully), snow and turns with the girls...and maybe some cold beers to follow!

Where: Sierra at Tahoe

When: Thursday, March 27th @ 10:00. We will meet in front of the ticket booth.

Other stuff... We may have a couple of comp tickets available and are looking into possible discounted tickets. If any of you have access to tickets, please let us know. For those of you interested, please send us a quick e-mail so we can get a head count. Thanks!

★ **Minden Moxy Location!!!** ★

It's official!!! **Moxy** and **Tumbleweeds** have partnered up to bring Moxy to the Minden area...Wahoo!!! Moxy boot camps and fitness sessions based out of "Tumbleweeds" gym and surrounding trails/parks are in the works. We look forward to our May 5th kick-off with a **Minden Spring boot camp** that will run simultaneously to Tahoe. Help us spread the word! More details to follow... 😊

Moxy Spring Boot Camp:

May 5th - June 14th (\$299)

Yes, spring is just around the corner and so is the opportunity to be in the best shape of your life.... To be the best YOU! Somehow, after a very long winter of hibernation, warm sunny days on the horizon and the thought of *bikinis*... our spring boot camp is ALWAYS the biggest and best! **DON'T MISS OUT!** This is our traditional 6 week program consisting of 8 weekly workouts, food journals, boot camp "swag" and lots of good times!

➡ We have only 25 spots left and fully anticipate to **SELL OUT!** We are taking \$50 **NON-REFUNDABLE** deposits...unless you have sent yours in, you are **NOT** guaranteed a spot (sorry... NO "verbal commitments" accepted). Please be certain before you send in your check! We look forward to yet another **GREAT** boot camp!!!



Moxy Fitness:
1605 Skyline Dr.
South Lake Tahoe, Ca.
96150



"THE PERSON WHO IS WAITING FOR SOMETHING TO TURN UP MIGHT START WITH THEIR SLEEVES."



New this winter... "**Moxy Girl!**" winter hats (\$20). Perfect for that early morning Moxy workout! Get one soon...we are almost sold out.



"CHARACTER IS WHAT EMERGES FROM ALL THE LITTLE THINGS YOU WERE TOO BUSY TO DO YESTERDAY, BUT DID ANYWAY ..."



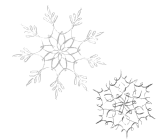
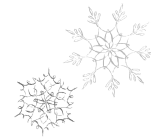
FIND OUT WHAT'S INSIDE...**OUTSIDE.** GET OUT. GET MOXY.

www.moxyfitness.com





Moxy Girl





Meet "Moxy Girl" **Lacey Montank!!** Don't let this quiet little Moxy girl dressed in **PINK** fool you....She's strong, determined and yes....a little "fiery!"

How did you get started with Moxy? I joined in December of 06...My friend/hairdresser Brooke Williamson got me to join. The 1st workout was pretty rough- it was winter, completely dark, I had no headlamp, everyone was running ahead of me in the snow and I thought I was going to fall over and die, but after it was over I felt pretty good about myself. I came back to the next workout and then joined the 07 winter boot camp to prepare for my wedding. **What's your favorite Moxy workout?** I really like the fresh powder snowshoe up High Meadows. I love to see the sunrise and the lake at the top. It makes me realize how much I love living in Tahoe. Also, it's fun coming down floating on the powder! **Biggest accomplishment?** I was pretty proud of myself for getting my real

- estate license. **Favorite indulgence?**
- Cheesecake, or pretty much any cake. **Winter or summer?** Summer
- **If you could be a superhero who would it be?** Supergirl! She has a very nice figure, is very strong and who doesn't want to fly??
- **Squat thrusts or suicides?** I guess squat thrusts
- **Nickname?** Lace
- **Sport of choice?** Snowboarding
- **When I grow up I want to be?** A mom (Trevor and I are going to try for our first baby in June or July)
- **Favorite way to spend the day?** When my husband and I take our dog Bodie to Fallen Leaf for a swim in the summer...or snowboarding on a blue bird powder day!
- **Any recent big events?** I just got married on September 9th, 2007 (congratulations!!)
- **I love being a Moxy girl because...** The girls are all so nice and I love starting my day off with Moxy girls. I feel so good about myself after the workouts! I also like making new friends. I am looking forward to the spring boot camp... I hear it is so much fun! 😊



 **Looking for healthy Easter meal ideas???**  **Check this out...**

Ingredients

- Canola oil nonstick cooking spray
- 2 cups vegetable broth
- 3/4 cup organic polenta corn meal
- 1/2 cup Organic Valley shredded Parmesan cheese, divided
- 1 tsp. garlic salt, divided
- 7 Organic Valley large brown eggs
- 3/4 cup Organic Valley shredded Mozzarella cheese
- 1/3 cup Horizon organic Low fat Cottage cheese
- 1/4 cup roasted red bell peppers
- 1 1/2 tsp organic basil



Tuscan Polenta Brunch Bake

Preheat oven to 400 degrees and spray a 9-inch baking pan with cooking spray. Bring broth to a boil in a medium saucepan. Stir in polenta in a steady stream, stirring constantly. Cook and stir over medium heat for 2 minutes; stir in 1/4 cup parmesan cheese and 1/2 tsp garlic salt and set aside for 10 minutes. Press mixture onto the bottom and sides of prepared pan and refrigerate for 15 minutes. Spray with cooking spray and bake for 15 minutes. Reduce oven temperature to 350 degrees. Stir remaining parmesan and garlic salt into eggs, then stir in remaining ingredients. Pour into polenta crust and bake for 30 minutes or until center is set. Yum!

"The only place where success comes before work is in the dictionary"