



How glorious a greeting the sun gives the mountains!

www.moxyfitness.com

Got moxy?

PHONE LIST:

- Erika—318-3035
"Snow Phone"
- Melanie—318-4782
- Sarah—545-2544
- Robin—416-2800
- Tracie—314-1037

Mon	Tue	Wed	Thu	Fri	
6:00am 13 5x's Thru Zephyr Cove PARK	14	6:00am 15 I GO U GO "Lady of Tahoe" (exercise band)	16	6:00am 17 Cardio Combo Kingsbury Middle School (exercise band)	
6:00am 20 Timed Pyramid Zephyr Cove PARK	21	6:00am 22 Sweat Box Zephyr Cove PARK	23	6:00am 24 Moxy 50 Nevada Meadows (exercise band)	25 
6:00am 27 Interval Workout Whittell High School	28	6:00am 29 Prisoner Workout Kahle Park (exercise band)	30	6:00am 1 Cardio Heavenly	2
 4	5	6:00am 6 Cardio Combo Kingsbury Middle School (exercise band)	7	6:00am 8 3x's Thru Whittell High School (exercise band)	9



June 25th is our Annual BLISS RUN. We will meet at the Bike Trail at 5:30am and carpool up to the trailhead. Details to follow.....

"UP with the sun, OUT with the girls."

