

NEVADA Workouts

Moxy OutFIT: The OutFIT workouts are essentially our Moxy FIT workouts....OUTSIDE! This class will focus on strength training and intervals in a variety of formats to get and keep you **"MOXY FIT"**. Please bring your exercise band to both of these workouts. (You can purchase bands from us for \$10).



Cardio Blast: The Cardio Blast workout consists of anaerobic conditioning—sprints, hills, suicides, intervals, tempo runs, etc; Good fun!

July 22nd is our Annual Tallac Hike and August 7th is our Annual Freel Peak Hike. Details to follow.....



July-August



Mon	Tue	Wed	Thu	Fri	Sat
6:00am 19 OutFIT Zephyr Cove PARK (exercise band)	20	6:00am 21 Cardio Blast Kahle Park	5:30am 22 TALLAC Hike 	6:00am 23 OutFIT Zephyr Cove (exercise band)	24
6:00am 26 OutFIT Whittell High School (exercise band)	27	6:00am 28 Cardio Blast Nevada Meadows	29	6:00am 30 OutFIT Kahle Park (exercise band)	31
6:00am 2 OutFIT Zephyr Cove (exercise band)	3	6:00am 4 Cardio Blast Zephyr Cove PARK	5	6:00am 6 OutFIT Whittell High School (exercise band)	5:30am 7 Freel Peak Hike 

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www.moxyfitness.com

"Life is too short to wake up with regrets. So love the people who treat you right. Forget about the ones who don't.

Believe everything happens for a reason.

If you get a second chance, grab it with both hands.

If it changes your life, let it. Nobody said life would be easy, they just promised it would be worth it."