

# moxy

FITNESS



NOVEMBER  
NEWSLETTER  
2011

With winter and the holiday season right around the corner, not only do we look forward to pumpkin pie lattes, crisp mornings and time spent with family and friends, but also our Moxy winter sessions. Below is what we have lined up through January.... And they just happen to be few of our FAVORITES!!!

## December: 30/30 Challenge

November 28th—December 23rd  
M,W,F @ 6:00 a.m. (\$75)  
M,W @ 10:00 a.m. (\$65)

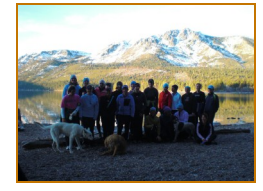
Along with the intense workouts of the December session, we are asking you to complete the 30/30 Challenge. For 30 days you will complete

### *30 Prison Cell Pushups & 30 Sprinter Knee Drives*

EVERY DAY. On the days that you have Moxy, we will do the exercises together. On the days that you do not have Moxy, you will do the exercises on your own. Don't miss a day. Keep your promise to yourself and see what can happen over the course of the next month by just adding these two simple exercises to your daily routine.

**Are you up for the challenge?**

## Moxy 7th Annual Turkey Trot



**Thanksgiving— November 24th  
6:30 a.m. @ The Football Field**

Please join us (along with your family, friends and well behaved dogs) for a beautiful trot through the woods! It's our absolute favorite way to start

Thanksgiving Day. We are all thankful for our healthy bodies and the beautiful place we live, so it's a nice way to celebrate that. Plus....

It makes that piece of pumpkin pie taste soooo much better!

WHAT HAPPENS WHEN YOU COMBINE TRX SUSPENSION TRAINING WITH TABATA INTERVALS AND GIVE IT A MOXY TWIST???

## Moxy TNT Boot Camp

JAN. 2ND — FEB. 11TH (6 WEEKS)

M,W,F @ 6:00 A.M.  
M, W @ 10:00 A.M.  
SAT @ 6:30 A.M.

**4 CLASSES/ WEEK- \$165**

**2X'S/WEEK OPTION- \$105**

WELCOME 2012 WITH A HEALTHY BODY AND MIND! YOUR FITNESS RESOLUTION STARTS HERE.... **DON'T MISS OUT!!!**



## **Moxy Holiday FULL MOON Adventure:**

### The Jingle Bell Jangle

**Sunday, December 11th @ 6:00 p.m.**  
(Gear and Location TBA)

That's right ladies.... Grab some girlfriends and your best **jingle bells** and head out with us for a moonlit adventure! We hope to be snowshoeing, so keep your fingers crossed for a snow-filled, CLEAR evening. And of course... we'll finish the night with a hot toddy (or two)!!! 😊



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

[www.moxyfitness.com](http://www.moxyfitness.com)





# Moxy Girl



Meet Moxy Girl **Melody Levitt!!!** She is somewhat new to the program, but definitely not new to hard work and hustle! Her consistency and motivation shows as she continues to lunge, jump, push and pull stronger and stronger each day. Nice work Melody! Seeing your health and fitness gains inspires us!!!

**How long have you been a Moxy Girl?** I have been a Moxy Girl since May 2011 **Your favorite Moxy workout?** I love working out on the beach in the morning. It just makes you feel so good! Great way to start my day **Occupation?** **Dream occupation?** I wear many different hats. I am a stay at home mom. I work at Harrah's/Harvey's being a on call banquet server. I work at Temple Bat Yam Thursdays and Fridays during the day as their administrative assistant. I volunteer at Sierra House for Layla's kindergarten class. I work one day a week at Tahoe Parents Nursery School for my daughter Abby. My dream occupation would be traveling around the world and rating hotels, beaches, and resorts for the travel channel. I could definitely get used to that! **Little known fact?** My husband and I are from Maryland. We met in college and decided after dating for 6 months that we wanted to travel across country in our van. We drove around for 2 months and ended up in Tahoe. That was 2001 and we are still here! **My friends and family would describe me as?** Fun, Crazy, and Wild **Favorite indulgence?** Chocolate! Anything Chocolate and of course peanut butter to go along with that chocolate (Mmmm.... We are with you on that one!!!) **Suicides or Squat Thrusts?** Believe it or not Squat Thrusts **Biggest accomplishment?** Giving birth to my 2 beautiful, healthy girls. Moxy has also been a huge accomplishment for me. Since joining I get so many compliments on the way I look. I never thought I could get up at 5:30 in the morning and work out and actually like it. Turns out, I CAN and I absolutely love it! **Favorite thing about living in Tahoe?** It is

so beautiful!!! It definitely is like heaven. And the smell. I love the smell! **When I grow up, I want to be.....?** I wanted to be a marine biologist forever because I like dolphins, but I hate science! I actually have a degree in social work but never used it. I always tell my parents that bartending is the same thing- I listen to people's problems and then I give them a drink to make them forget about them **Salty or Sweet?** I like both. I definitely go for sweet first but then I need something salty to balance it out **Hidden Talent?** Hmmmmmmm This is a tough one. I love sports, but I don't know if that is a hidden talent. Back in the day, I was pretty good at Basketball and Softball. I used to play the clarinet in middle school and part of High School but I doubt I could even blow a single note now **I love being a Moxy Girl because..... ???** I feel great about myself. I feel confident in my body again. I can lift something heavy and not complain about it! My husband is so proud of me and says I have never looked better and that makes me feel real good! 😊



We've added a **10:00 a.m Class** this fall and will continue through the winter!!! It is a perfect time slot for the *"not so early bird"* type as well as mom's with school age kids. Drop the kids off and then get outside for an hour! An awesome workout, fresh air and some "ME" time..... What else could a girl ask for!?!? Classes are held **Monday and Wednesday**, with the option to mix and match with an earlier class.

This time doesn't work for you either??? We would love to hear from you.... Let us know what time or class you would like to see in the future and we'll see what we can do!

[Erika@Moxyfitness.com](mailto:Erika@Moxyfitness.com)

*"It is not the mountain we conquer, but ourselves."*

