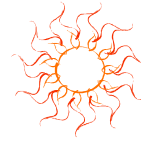


moxy
FITNESS



OCTOBER
NEWSLETTER
2009



Two down.... One to go!!!! Moxy's Triple Crown girls are less than one week away from their **third** Half marathon and 10k event for the season.... WHEW!! As always, it's been a great couple of months with an amazing group of girls! We had 20 ladies prove that they are both physically and mentally tough in the very challenging **"Tough as Granite"** race. With temperatures reaching almost 90, we were very much out of our element, but still quite successful. Despite the extreme heat, we still managed to walk away with four girls placing in the top three of their age groups! Race number two..... **"The Kokanee"** (Or "Snow-kanee," as it turned out to be!!!) Sub-freezing temps and 3+ inches of new snow???. Bring it on!!! Moxy girls are tough.... And we proved this as we ran our 6 and 13 mile races in the fresh snow, still managing to smile in the end! We are looking forward to **"The Fall Colors"** race October 25th to make it an official **TRIPLE CROWN!** Good Luck Moxy Girls!!!



So what's up next???. Check it out:

**MOXY'S M90X 4 WK FITNESS SESSION
OCT 28TH-NOV 26TH (\$99)**

WITH A SUMMER FULL OF HIKING, RUNNING, BIKING, ETC, IT'S TIME TO SWITCH GEARS A BIT AND FOCUS ON **STRENGTH TRAINING**. USING A SIMILAR FORMAT TO OUR M90X SPRING BOOT CAMP, WE WILL PROVIDE INTENSE, FUNCTIONAL TOTAL BODY WORKOUTS TO INCREASE STRENGTH, LEAN MUSCLE MASS AND OVERALL FITNESS. REMEMBER.... THE MORE LEAN MUSCLE YOU HAVE, THE FASTER YOUR METABOLISM WORKS— A BIG PLUS FOR THE UPCOMING HOLIDAY SEASON! (CLASSES WILL BE HELD M, T, W, F AND SAT. @ 6:00 A.M..... SEE YOU "BRIGHT" AND EARLY!)



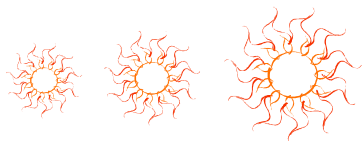
★ For those currently enrolled in Moxy and continuing on to the next session, take and additional \$10 off the price!!! That's our way of saying **"Thanks for your loyalty!"**



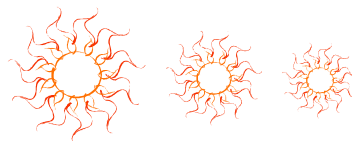
FIND OUT WHAT'S INSIDE....**OUTSIDE**. GET OUT. GET MOXY.

www.moxyfitness.com





Moxy Girl



Meet Moxy girl **Vicky Brimer!!!!** Or should we call her *Moxy Mama???* If it weren't for Vicky (and daughters Erika and Melanie of course), There would be no Moxy! Mom, Grandma, Taxi driver, caretaker, and new found *RUNNER*... Watch out, because this girl's **"GOT MOXY!!!!"**

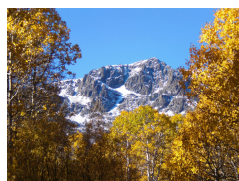
How long have you been a Moxy Girl? I've been a Moxy girl since Moxy started— back then it was "Outdoor Peak Fitness" **Your Favorite Moxy workout?** The workouts on the beach **Occupation?** Full-time grandma!!!! **Little known Fact?** My real name is Veronica— don't know why my parents named me that because no one ever calls me that! **Biggest weakness?** My biggest weakness is being too sensitive and *cheesecake!!!* **The best part of my week is...** The weekend when I can hang out with my husband **Squat thrusts or suicides?** Suicides **When I grow up I want to....** Who wants to grow up?!!! **Favorite movie?** "An Affair to Remember" with Cary Grant— you girls are probably too young to remember that movie! **Nickname?** "GUY." When my mom would call us to dinner she'd say "Come on you guys." I was ALWAYS the first one to the table so my sister thought my

name was Guy... so my father always called me that. **Favorite hobby?** I love to sew and knit. I learned to sew in high school and made the kids clothes when they were young. I've only been knitting the last few years... Great snowy day project! **I'm most proud of...** Raising three AMAZING daughters as a single parent. **I love being a Moxy Girl because....** I make time for myself. It's so awesome to be finished exercising by 7 a.m. And hanging out with a great group of girls. 😊



*Before the season winds to an end
And the BUSY holiday sets in:*

- One more run in the daylight hours.
- One more picnic outdoors.
- One more ride before darkness descends too early.
- One more hike before the trails are impassable.
- One more weekend without a mile long to-do list.
- One more reason to get outside.
- Let's all get out while the getting's good.
- Get out. Get Moxy.



MOXY LITE.

TASTES GREAT...
LESS FILLING.

SAME GREAT PROGRAM, JUST NOT QUITE AS INTENSE. STARTING IN JANUARY WE WILL BE ADDING "MOXY LITE" TO THE SCHEDULE. WE'RE THINKING M,W,F @ 7:15, BUT LET US KNOW WHAT DAYS AND TIMES YOU WOULD LIKE TO SEE AND WE'LL TRY TO MAKE IT HAPPEN!