

Summer Workouts

Cardio: 60 minutes of steady cardio.

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 the bands from us for \$10)

Cardio Blast: 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.....



PHONE LIST:

Erika—318-3035

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"Snow Phone"

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www.moxyfitness.com

July-August



Mon	Tue	Wed	Thu	Fri	Sat
6:00am 12 OutFIT Pope Beach (exercise band)	13	6:00am 14 Cardio Blast Meyers Grade	15	6:00am 16 OutFIT Kiva Beach (STRAIGHT) (exercise band)	6:00am 17 Cardio Sawmill Pond
6:00am 19 OutFIT Eldorado Beach (exercise band)	22	6:00am 21 Cardio Blast Kahle Park	5:30am 22 TALLAC Hike 	6:00am 23 OutFIT Baseball Field (exercise band)	6:00am 24 Cardio Snow Park Rd.
6:00am 26 OutFIT Kiva Beach (LEFT) (exercise band)	27	6:00am 28 Cardio Blast College Field	29	6:00am 30 OutFIT Pope Beach (exercise band)	6:00am 31 Cardio Football Field
6:00am 2 OutFIT Valhalla (exercise band)	3	6:00am 4 Cardio Blast Bike Trail	6:00am 5 Cardio Columbine**	6:00am 6 OutFIT Baseball Field (exercise band)	5:30am 7 Freel Peak Hike 

"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."