



WHAT HAPPENS WHEN YOU MIX  
TABATA (INTENSE INTERVAL  
TRAINING), TRX SYSTEMS, AND  
SOME GOOD OLD FASHIONED  
MOXY FITNESS???

## MOXY "TNT" WINTER BOOT CAMP.

- SIX WEEKS  
(JANUARY 4TH–FEBRUARY 13TH)
- \$199 (INCLUDES BOOT CAMP SWAG)
- M, T, W, F AND SAT @ 6:00 A.M.
- INTRODUCING OUR ALL NEW  
TRX SUSPENSION SYSTEM



YOUR FITNESS RESOLUTION  
STARTS HERE.

**DON'T MISS OUT!!!**



Have you always wanted to join the Moxy Girls for an early morning workout, but need something even a *tad bit* earlier???. Well... you're in luck! Moxy will be running a six week **"Dawn Patrol" fitness session** for all you mom's, teachers, commuters, coffee baristas.... Anyone motivated to sleep less, but stay FIT!!! Check it out:

- **January 4th—February 13th**
  - \$110
  - M, W, F @ 5:00am  
(Tahoe Gymnastics/ Escobar Training Grounds)
- **45 minutes of intense intervals & strength training**  
(incorporating TRX suspension training!)

For Details or Questions call (530)318-3035 or visit [www.moxyfitness.com](http://www.moxyfitness.com)