



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