



**"Mauna Moxy Wahine  
Squat thrusts and bicep curls  
Fitter, stronger, faster  
Mountain Moxy Girls"**

**"Boot camp makes my butt real sore,  
I wake up early and do it more.  
No flour, no sugar, no alcohol,  
Helps my waist get really small!"**



**We are 40 and we are Fab!  
Moxy Boot Camp makes you Rad!  
You young chicks might be fast,  
but these old bags will kick your ass!**

**:) but we love you young chicks  
anyway!**

**"Moxy Muscle is our name,  
Form & Fitness is our game.  
Building muscle 6 weeks long,  
Doing Moxy can't be wrong.  
Watch our guts as they get small,  
Opposite of Erika, round as a ball!"**

**"The key is to keep company with those people who uplift you, whose presence calls forth your best."**

