

JUNE

Boot Camp Workouts

Each workout will be new and exciting, keeping your body guessing and constantly trying to adapt and improve. Tuesday, Thursday workouts will focus more on **cardio and interval** work and Monday, Wednesday and Friday workouts will focus more on total body **strength**. But you can rest assured that on **MOST** days of the week you will be challenged!!! The calendar specifies what gear is needed for each workout, so please come prepared.



GEAR LIST

- Exercise band
- Running shoes
- 8# or 10# weights
- Watch
- JUMP ROPE!!****
- [Sizing a Jump Rope](#)

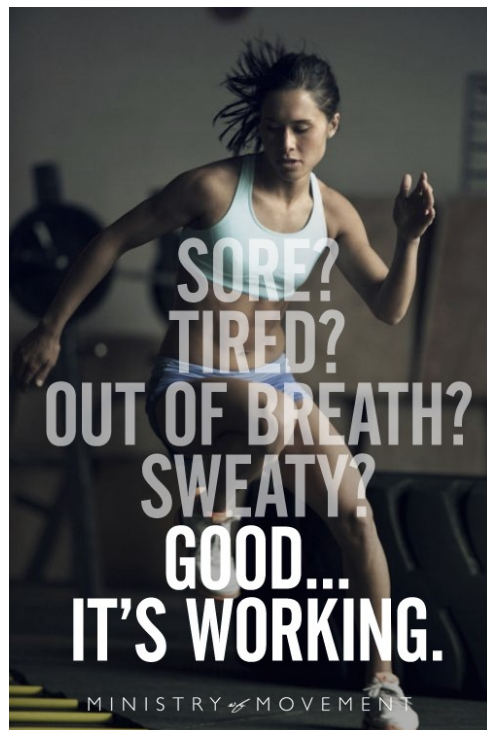


www.moxyfitness.com
(530) 318-3035

BOOTCAMP

faster. stronger. better.

Mon	Tue	Wed	Thu	Fri
6:00am Total Body (weights) 11	6:00am Cardio 12	6:00am Total Body (jump rope & weights) 13	6:00am Cardio 14	6:00am Total Body (jump rope) 15
6:00am Total Body (weights) 18	6:00am Cardio 19	6:00am Total Body (weights) 20	6:00am Cardio 21	6:00am Total Body 22



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Summer Session
June 25—July 25
MWF @ 6am

Fall Session
Aug 27—Oct 5
MTWF @ 6am

