

Spring Session

All MWF workouts will now be held outside. Please bring the specified equipment to each workout. Remember to dress in layers and always wear gloves.



www.moxyfitness.com
(530) 318-3035



April—May



Mon	Tue	Wed	Thu	Fri	Sat
6:00 am Weights 16	17	6:00 am Weights 18	19	6:00 am Weights 20	21
6:00 am Weights 23	24	6:00 am Exercise Band 25	26	6:00 am Weights 27	28
6:00 am Weights 30	1	6:00 am Exercise Band 2	3	6:00 am Weights 4	5
6:00 am Weights 7	8	6:00 am Exercise Band 9	10	6:00 am Weights 11	12

Summer Session

June 25—July 25

MWF @ 6am



THE GRASS IS GREENER where you water it.

Boot Camp

May 14—June 22

Mon-Fri @ 6am

“The moment when you realize that Squat Thrusts are now part of life.”