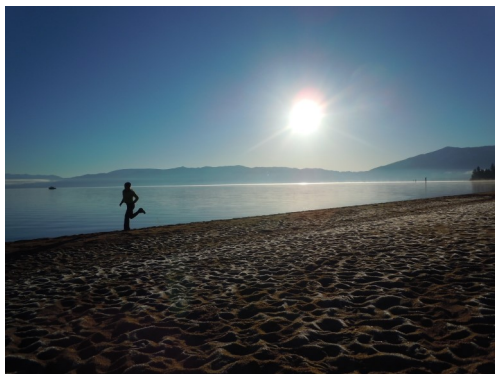


JUNE—JULY



Summer Motivation

Maybe you need a little extra motivation to get out of bed during the summer? Attend **EVERY** workout this session and receive a 15% discount on the Fall Boot Camp—that's a savings of \$25! **Get out of bed, Sleepy Head.**



Mon	Tue	Wed	Thu	Fri
6:00am Strength (weights) 25	26	6:00am Cardio 27	28	6:00am Strength (weights) 29
6:00am Strength (exercise band) 2	3	6:00am Cardio (weights) 4	5 	6:00am Strength (exercise band) 6
6:00am Strength (exercise band) 9	10	6:00am Cardio (weights) 11	12	6:00am Strength (weights) 13
6:00am Strength (weights) 16	17	6:00am Cardio 18	19	6:00am Strength (weights) 20
6:00am Strength (weights) 23	6:00am Cardio 24	6:00am Strength (weights) 25	26	27

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“Opportunities are like sunrises, if you wait too long, you miss them.”



“It’s not who you think you ARE that holds you back. It’s who you think you’re NOT”