

## January Session

All MWF workouts will be held at Inversion Gym. The gym is located at 867 Eloise Ave. Please bring your weights to all MWF workouts.

### 30 Day Clean Eating Challenge

Let's kick off the new year with 30 Days of CLEAN Eating. Every day for the next 30 days I will email you reminders, suggestions and ideas for cleaning up your eating habits. Most of you already know what you should do, but doing it is the hard part. Hopefully these daily reminders can help you kick off 2018 with a bang!!



[www.moxyfitness.com](http://www.moxyfitness.com)  
(530) 318-3035

# January—February



Mon	Tue	Wed	Thu	Fri	Sat
8 6:00 am Inversion	9	10 6:00 am Inversion	11	12 6:00 am Inversion	13
15 6:00 am Inversion	16	17 6:00am Inversion	18	19 6:00 am Inversion	20
22 6:00 am Inversion	23	24 6:00 am Inversion	25	26 6:00 am Inversion	27
29 6:00 am Inversion	30	31 6:00 am Inversion	1	2 6:00 am Inversion	3
5 6:00 am Inversion	6	7 6:00 am Inversion	8	9 6:00 am Inversion	10
12 6:00 am Inversion	13 6:00 am Inversion	14 6:00 am Inversion 	15	16	17
19	20	21	22	23	24
  <b>WINTER BREAK</b>  					