

WORKOUTS

Starting November 1st,
we will move indoors to

INVERSION GYM.

Please bring your weights to all
the indoor workouts.

Inversion Gym
867Eloise Ave



OCTOBER—NOVEMBER

Mon	Tue	Wed	Thu	Fri	Sat
6:00 am 15 Total Body (weights)	16	6:00 am 17 Total Body (weights)	18	6:00 am 19 Total Body (exercise band)	
6:00 am 22 Total Body (weights)	23	6:00 am 24 Total Body (weights)	25	6:00 am 26 Total Body (weights)	27
6:00 am 29 Total Body (exercise band)	30	6:00 am 31 Total Body (weights) 	1	6:00 am 2 Strength Inversion	3
6:00 am 5 Strength Inversion	6	6:00 am 7 Strength Inversion	8	6:00 am 9 Strength Inversion	10
6:00 am 12 Strength Inversion	13	6:00 am 14 Strength Inversion	15	6:00 am 16 Strength Inversion	17



Holiday BLITZ

Nov. 26—Dec 21

MWF @ 6:00am

Workouts held @ Inversion Gym

(**Turkey Trot on Thanksgiving morning)

www.moxyfitness.com
(530) 318-3035



Pre-Holiday Fitness Challenge

GLUTES GALORE!!!

For the next 5 weeks you will
have a daily workout that
focuses on the muscles in your
posterior chain—
in particular, your glutes!!