

MOUNTAIN FITNESS – Wellness Center | 633 Lassen Lane, MS | 926.6010 | M-F 6am-8pm | S/Sun 9am-5pm

MOUNTAIN FITNESS – South | 1630 S. Mt Shasta Blvd. | 926.3589 | M-Fri 5am-9pm | S/Sun 8am-7pm

MOUNTAIN FITNESS – Shastina | 20508 Big Springs Rd Weed | Open 24 hours – Card Lock

## What's New at Mountain Fitness?

### Holiday Hours:

**Christmas Eve:** Closed early at 5pm

**Christmas Day:** Closed

**December 26<sup>th</sup>:** Late open 7am

**New Year's Eve:** Regular hours

**New Year's Day:** Closed

### Weight Room Makeover and Gym Upgrades

If you haven't seen it yet, we have a new look in the weight room at the South Gym. We've modernized our look with a new two-tone, black and white color scheme and natural, wood trim design. We absolutely love this facelift, and we aren't stopping there. We have a lot more improvements to look forward to, including updated cardio equipment (!!!) soon to come! This month we've also welcomed new equipment to the weight room—specifically the adjustable decline bench!



### Extended Hours at South Facility in 2025

We have future plans to include more access to the gym for members. We'll be updating the South facility by adding a key-card access system, allowing for an earlier open and later close time. Stay tuned for more details on this exciting change!

### New Year, New You!

This is the time of year that we start to gain a lot of new membership. We may see some new and returning faces around the gym. This is a reminder that all members are equal members at Mountain Fitness. There is no seniority for membes that have

been here longer than others. To our long time members, we appreciate that you welcome new members and help them become oriented with the space. Be kind, and offer GENTLE reminders or advise if a new member is still getting familiar with our policies and the flow of the space. New members are also encouraged to ask the available staff for help at any time. We are happy to show you around! We have our code of conduct clearly posted, and all members are subject to it's enforcement. If you'd like a copy of our code of conduct, we are happy to provide one at the front desk.

### New Personal Trainer: Daniel DeSalvo

Let us introduce Daniel DeSalvo! Daniel is a new personal trainer available for orientations or one-on-one personal training sessions. Check out his bio and contact information on our website at: <https://www.mountainfitnessca.com/personaltrainer>



### Leave Us A Good Review!

One way to show your love and appreciation for your favorite local gym is with an online review. If you leave us a good review on google, yelp or any online platform, we are, for a limited time, giving you back any used guest passes for this year. Just show proof of your review at the front desk.

### New Spin Class:

Hello, early risers!! Bright and early Monday morning we have another chance to sweat at Cycle Therapy with our new instructor Shayna! Class is 45 minutes of fun starting at 6:15am.