

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?

### Happy Thanksgiving!



Holiday time is here! We hope you all are feeling festive, enjoying the cooler weather, and enjoying the changing of the leaves as we come up on the holidays. Speaking of holidays, here's what you can expect for holiday hours at Mountain Fitness:

Thanksgiving Day: Closed

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!

If you haven't seen it yet, we have a new look in the weight room at the South Gym! Expect there to be some wet paint, some equipment to be shifted around, and some additional maintenance performed as we wrap up the finishing touches. We will be adding some baseboards and trim, as well, during the first week of November. We absolutely love this facelift! Let us know what you think!

### 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!

### Qi Gong/Tai Chi Class

This class will be moving inside into the classroom at the South Gym. Please see the November class schedule for updated class times.

### New Year, New You!

This is also 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 members 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.

### 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.