

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- F 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?

Mother's Day



Hey, all you mother lovers! We celebrate Mother's Day this month on Sunday, May 12th. This could be a sensitive time, because not everyone has a mother present. However, we all have a body that was miraculously, beautifully, and perfectly formed inside the womb of a woman—our mother. Take some time to reflect on this, and find appreciation for the gift of life! What better way to honor this (besides showering your mom in gifts and pampering) than to invest in the health of your body. So remember that you're a miracle next time to scan in for your workout, and consider the journey that your body has taken to get where it is today. Wow! Who needs a tissue? Need a last minute gift from the kiddos to mom? You can use the coloring pages on the back of this newsletter to give the little ones an activity and make a gift for mom all-in-one!

Early Morning Cycle Therapy Class with Barb

We are adding another cycle therapy class for those of you who want to break your sweat *hella* early. Starting May 16th, we will have a Thursday morning cycle class at 6:15 am -7:00am. Barb is back from maternity leave and ready to make you work; but chances are, it's going to be fueled with her million dollar smile and infectious laugh. You'll find out right away why we consider this class therapy! All classes are included with your membership and if you don't have a membership, you can buy a single class pass for \$7.

Code of Conduct

Just a reminder that our code of conduct is for the benefit of maintaining a neutral space for everyone. Since the gym is a shared space, we ask that cell phone conversations be left for another time and not while you're in the weight room or the gym lobby. Make the best out of your workout time and use it to focus on your workout (just a suggestion).

Employee Highlight



Let's hear it for Austin Cummins! Austin is the general manager at the South Facility. He has a passion for fitness, athleticism, martial arts, carpentry, and his number one commitment is to his beautiful daughter, Athena. His journey into the benefits of exercise and physical excellence began in adolescence. He's been a personal trainer since the age of 16, focusing on corrective exercise. Austin is committed to providing a safe space for members and guests at the gym. It's actually his passion. Not only does he pour his heart into having up to date equipment and the proper space for training for all, he is a wealth of knowledge and information in regards to health, fitness, and personal evolution. His role and impact on our team at Mountain Fitness is simply invaluable. Thank you Austin!

Doodle Art Alley ©



HAPPY
MOTHER'S DAY!



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