

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?

Watch Your Step!



Spring is coming! Flowers, trees, and bushes are beginning to come to life. There are many daffodil plants starting to emerge at the Wellness Center. Please use a provided pathway when entering/exiting. There are baby daffodils growing! Thank you!

The Power of Perspective

Is the glass half full or half empty? Your answer may not be determined by whether you're a pessimist or an optimist, it may be determined by where the glass started before we asked this question. If your glass was empty and now it's now half filled, this feels like a gain. If the glass was full before and now it's filled halfway, this might feel like a loss. It's not always that easy to look at a situation in life and put a good spin on it, though. What we know for sure, is that there are so many factors in life that are out of our control. The one thing that we have control of is how we respond. Gaining perspective on a situation before reacting will allow for a more positive response to all the things we can't control. It's about the next step we take, not what happened. If a situation feel hopeless or like a loss, perspective can help us see what we can do now instead of focusing on the drawback. Fostering a positive attitude helps offer a healthy perspective in order to formulate the best possible response to a situation. Maybe your life is out of control, but you can still do what you can to

make the most out of the day—like calling a loved one, taking a walk, getting in a workout, tackling a looming project, or even offering to or receiving a smile from a stranger can make a better day for you and for someone else.

Weather Conditions

Please be safe on the roads during icy weather! Hours of operation may be affected during times of inclement weather. We prioritize the safety of our staff. Due to road conditions, it may not be feasible during storms for us to open up the facilities according to our posted hours of operation. We appreciate your patience, and we will post updates on our Facebook page, as needed, to notify members if we have to open late due to weather conditions.

Code of Conduct

This is a friendly reminder, as the membership grows, to consider that the gym is a shared space. We have a code of conduct posted in the gym and front desk area. Please be mindful of your hygiene, working-in and allowing others to work-in if multiple people are using the same equipment, cleaning equipment after use, and also no photography, videography or phone conversations in the gym space. Please be respectful of other's boundaries and privacy and practice mindfulness so we can all enjoy the gym as a community.

Candy Counting Contest

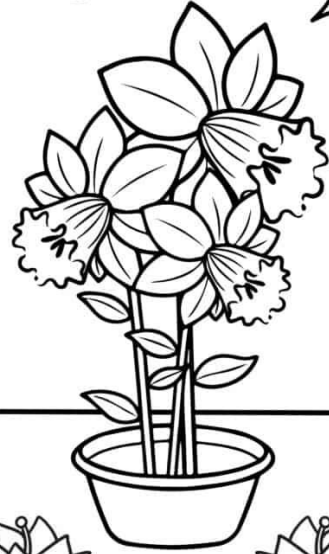
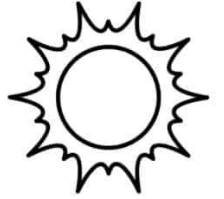
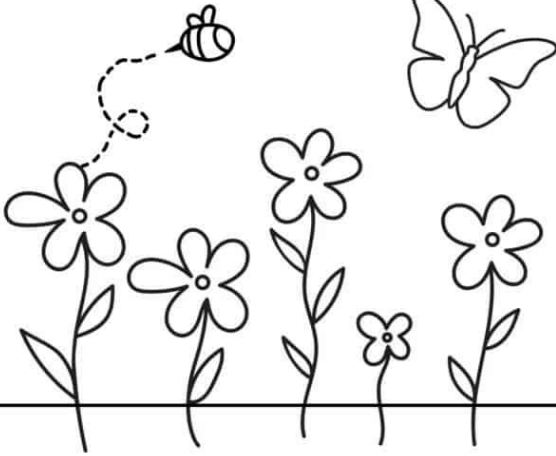
The winner at the South gym was Chris Wise who guessed correctly at 69, and the winner at the Wellness Center was Ariel Peterson who guessed correctly at 52. Congratulations to you both! We hope you loved your treats and thank you all for participating!

Happy Spring!

Take a look at the back of this newsletter to enjoy some fun springtime coloring pages for you and the kiddos! Feel free to share your creations with friends and family by posting on social media and be sure to tag Mountain Fitness. We love to see your art!

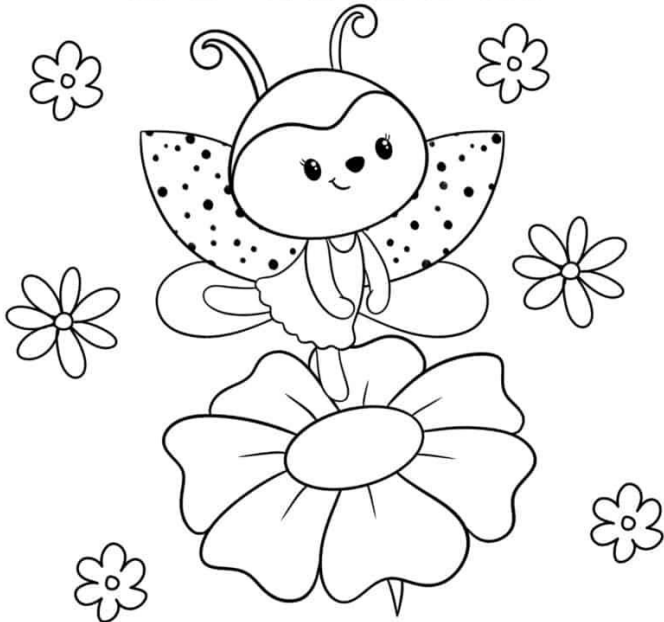


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HAPPY
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