

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?

### Thank You, Members

Looking back at the past year, we just want to say a big “Thank you!” to all members new and veteran for being a part of the Mountain Fitness family. We are grateful to be here and ready for all that 2025 has to offer. Thank you all for being a part of the journey! Happy New Year!!



### 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 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 its enforcement. If you'd like a copy of our code of conduct, we are happy to provide one at the front desk.

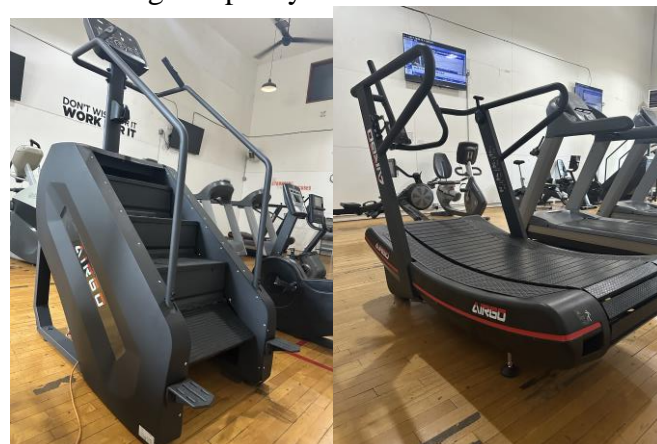
### New Lighting and Elliptical at Shastina

We are installing new lighting at the Shastina location early this month. The facility will have improved visibility inside with updated fixtures and

bulbs. We also have a new Elliptical at the Shastina location. Be sure to check it out!

### New Stair Master and Treadmill at South Gym

We know you'll love the new equipment at the South Gym! We have a new Airgo Stairmaster and *Self-powered* Treadmill! Don't be intimidated by these beauties—they are a fun way to get in your cardio. The stairmaster is pretty self explanatory, and the treadmill is something new altogether. It does not run using an electric motor. It is self propelled due to the curved shape and segmented belt construction. You can set your own pace and apply resistance with the lever on the right-hand side. You won't regret giving it a try. Both new machines are rated for up to 400lbs weight capacity.



### 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!

### 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.