

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?

### Holiday Hours

'Tis the season! Here's what to expect when making holiday plans and getting in your gym time in between the festivities:

**Thanksgiving Day: Closed**

**Christmas Eve: Closing Early at 4:00pm**

**Christmas Day: Closed**

**New Year's Day: Closed**

These holiday hours apply to all staffed locations. Shastina Gym will still be available 24/7 via key fob access for members.

### New Bench Press



The Rogue Monster Westside Bench is fully equipped to cater to the high-performance athlete's workout. It comes with safety straps for self-spotting as well as a spotter's platform built in the back. The fat pad is designed for comfort and stability. We really love this upgrade to our equipment, and we hope you do too! Come to our South location to try it out.

### We Want to Hear From You!

Do you love decorating for the holidays? Do you love the excitement of community and celebration? Then we would love to hear your creative voice and input! Mountain Fitness will be participating in the Christmas parade this year. We will be decorating a float and representing the gym alongside the community to celebrate the holiday. We'd love to do so with inspiration from the brightest, creative minds in town: those of our members! Leave your most festive, cheeriest, or wackiest ideas in a suggestion box at one of our staffed locations. If you would like to participate in the parade on behalf of the gym, leave your name and contact information with the person at the front desk or along with your float idea in the suggestion box. Thank you in advance for helping us shine!

We will also be decorating a tree in the Parker Plaza and would love your input on that theme or design ideas as well. We encourage all to get involved and have fun!

### Courtesy Reminder

At this time of year we have to do what we can to stay bundled up and warm. That usually means gearing up with chunky boots to trek through snow and mud. We would like to remind you to bring an extra set of gym shoes for working out as to not track a mess through the shared space if possible. Thank you!

### Parking Lot Re-Paved South Gym

As the year winds down, it just keeps getting better over here. The front parking lot will be freshly paved this month improving accessibility and appearance at South Gym. Thank you all for your patience as we've been wrapping up this project.