

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?

Candy Counting Contest



Check out the front desk at our Mount Shasta locations! If you want to participate in the candy counting contest, just submit a guess of how many candies are in the jar. We'll offer a prize to the winner with the right guess after Valentine's Day. What's the prize? Well, we'll just say it's something *sweet*. You get one entry per workout, so the more workouts you do, the more chances you get to win!

Community and Belonging

Getting started with a gym membership is a big step, especially if it's something new or you're trying it in a new place. Not only is it a personal challenge to build the discipline, but inserting oneself into a new environment can also be tricky and nerve wracking. We've all been there. Some of us have been doing it for longer than others, and if so, we may forget what it was like when we first got started or joined a new gym after moving to a new city. The gym has seen a recent spike in membership over the past few months, and we're seeing a lot of new faces, which

is very exciting! We each show up to do a workout, however none of us exist in a vacuum here. The gym is equally available to all members and—to reiterate—all members have equal access to the shared space. If you see some new faces, let's make it a precedent to offer a welcoming smile. Though we are here to work on ourselves as individuals, we share a common goal of self-improvement. So let's make it a practice to honor and makes space for each other. Give each other credit for doing the work and being here! Having a sense of belonging and community is just as good (if not better, even) for our health as getting the physical exercise. So, let's embrace and foster that community spirit with each other whether we are new or veteran members.

Weather Conditions

Please be safe on the roads this winter! With snowy and icy conditions to be expected as the temperatures drop, 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.