



December 2022 Newsletter

Find Us, Friend Us
& Stay Inspired!



@MountainFitnessCA

www.mountainfitnessca.com

MOUNTAIN FITNESS – Wellness Center | 633 Lassen Lane, MS | 926.6010 | M-F 6am-8pm | Sat/Sun 9am-5pm

MOUNTAIN FITNESS – South | 1630 S. Mt Shasta Blvd. | 926.3589 | M-F 5am-9pm | Sat/Sun 8am-7pm

MOUNTAIN FITNESS – Shastina | 20508 Big Springs Rd Weed | Open 24 hours – Card Lock

What's New at Mountain Fitness

Happy Holidays From Mountain Fitness!



Wishing everyone a holiday season filled with magic and joy! We are so grateful to share this time of year with all of you. We want to extend our appreciation to each member for being a part of the community here. Each of you bring a unique gift to this space and we are happy that you are a part of it!

Holiday Hours

December 24th, Christmas Eve: North and South locations will close at 4pm.

December 25th, Christmas Day: North and South locations will be CLOSED.

January 1st, New Year's Day: North and South locations will be CLOSED.

Regular hours will resume December 26th, and we will have regular hours for New Year's Eve, December 31st. The Shastina location is open 24/7 including holidays.

Rates Increase

Beginning January 2023, our rates will increase \$2 per person. Day passes will increase to \$15 per person. As a business, our expenses are significantly affected by the economy and inflation. We do our

best to keep member rates as reasonable as possible, and we appreciate your continued support!

Reminder to Check Your Shoes

At this time of year there is a lot of outdoor debris that sneaks in when we come inside from the cold. Please be mindful and bring a pair of clean shoes to the gym or check the bottoms of your shoes and remove any mud or debris if possible. We thank you in advance!

The Winter Blues

It is both the most wonderful and sometimes not so wonderful time of the year. Winter brings joyful times like holiday celebrations, family gatherings, and snow sports, but it also comes with a decrease in sunlight, the cold weather, and stress around the holidays. Mountain Fitness is a no-judgement zone! Come as you are. The benefits of a workout will help with the blues! It is also important to remember to get out in the fresh air and get sunlight whenever possible. Bundle up and go for a quick hike or sip some hot cocoa while taking in a beautiful view. Support your well-being with the gift of nature outside your door, good food with family and friends, and with exercise and friendly faces at the gym.

Holiday Dieting

Do it! Give yourself permission to let go, but do yourself the favor of getting in regular exercise. Follow gym manager, Austin's philosophy for the holidays, "Eat more food—lift more weights!" Live your life and have fun, but still show up. Celebrate, eat pie AND keep up with your workout routine. You CAN have your cake and eat it too. Just get to the gym the next day!