

HIGHLIGHTS FROM JACKIE...

It has been so exciting to know how many of you have been thoroughly enjoying ski season this year, in part, due to how hard you have worked here at Mountain Life Fitness to prepare your body! That is one of the major reasons that we offer a plethora of programs and services to enable you to train hard inside so that you may play even harder outside!

Speaking of training hard, on April 2nd we begin our annual 8-week Winter Training Program for cyclists (and anyone who wants to elevate their fitness level). As I write this newsletter column to you, our program has completely filled up, so we are thrilled with the response and taking your training program to the Summit! Many of you are participating in the "Ride of the Rockies" as well as other events such as the Iron Horse Bicycle Classic 2016, various triathlons/marathons and even more are preparing for different climbing, cycling and hiking events or trips. Properly training for these events is essential to ensure a safe, successful and enjoyable experience and we are expert trainers and coaches, right here at MLF, prepared to guide you through any event, any time of year.

We are also excited to be offering **dō Terra Essential Oils** and their entire line of products including vitamin/mineral supplements, toothpaste, deodorant and diffusers for sale here at Mountain Life Fitness! Our next Essential Oils workshop will be held on Saturday, April 16th from 11AM-Noon presented by Mindy Nelson and the topic will focus upon cleaning out your medicine cabinet and replacing relevant items with excellent essential oil alternatives.

Now that our MLF Nutrition Consulting Program is in full swing, with Lisa Turan our in-house nutrition expert at the helm, keep in mind that you may schedule a complimentary 20-minute consultation with Lisa anytime to discuss your nutritional challenges and needs. In that spirit, our next nutrition workshop in the 2016 series will be held on Saturday, April 23rd, 2016 from 11AM-Noon and the topic that will be discussed is "Lean Proteins and Clean Fats".

Please take the time to attend these workshops when possible as there is, unfortunately, a massive amount of misinformation regarding nutrition inundating us daily. While your workouts are absolutely essential to ensure a healthy and fit body, without the nutritional component applied consistently, it is highly unlikely that you will attain or maintain your health/fitness goals. Take action today toward the positive information and programs at your fingertips.

Our "Women with Weights" weight training program in February/March was a huge success and due to this success, we will be offering it again in April/May. Keep your eye on our weekly email blasts for the specific dates/times.

The "**Spinning with the Stars**" Foundation charitable event will be held again this year at MLF on Saturday, June 11th. Due to you, last year we were able to raise over \$2000.00, 100% of which goes directly to the Shining Stars Foundation. More details will be forthcoming but please save the date to participate!

We are still searching for the right black belt Karate/Martial Arts instructor to be the perfect fit for you here at MLF. If you know of anyone, please send them our way as we are anxious to begin this program.

Please remember all of the services that are right here at MLF for you over 90 hours a week including all of those mentioned above, 27 large group exercise classes/week program and The Blend juice bar, member receptions, our pro shop, massage therapy scheduled with Jake, who is on-call for us on Mondays and Fridays, the WOW, which Ben, one of our amazing certified personal trainers, coaches on Wednesdays/Fridays at 6PM.

Thank you for being such an integral part of our Mountain Life Fitness family. Your continued patronage and support, enables us to bring quality, 5-star fitness facilities and services to you, for today and years to come—we appreciate you, care about you and are here for you. Have a wonderful springtime in the Rockies!

Cheers,

Jackie

