



Mountain Life Fitness "Social Media"

By: Sarah Wieck



Greetings from the social media world! First we love all the photos you've been sharing with us on Facebook and Instagram. Keep up the good work! Even when we're not having a contest we still love to see our members enjoying their active life styles with friends and family. We encourage you to tag friends and family and share our posts. We'd love you to share stories and testimonials as well. We've also been posting the WOW on Facebook too. Ben demonstrates and explains every exercise in a short 2-3 minute video. Stay tuned for more contests, demonstration videos and just fun pics of members enjoying their fitness and our wonderful facility. Keeping on sharing, posting and working hard!