



At Home

Making the Most of Living in a Cowboy
Properties Community
Jan. 2, 2026

Supporting the Sweat

From strength to spin to yoga, local gyms make sticking to your New Year's goals a lot more fun. Check out some of these options.

[Orangetheory](#)

Over 15 locations locally. Orangetheory is a dynamic blend of strength and cardio training scientifically designed to give you the most efficient and energizing 1-hour total body workout.

[Legends Boxing](#)

Locations in Bountiful, Jordan Landing, Orem, SLC and more. One-hour full-body workouts, learning real USA boxing techniques, conditioning and core exercise.

[Onyx Pole and Aerial Fitness Studio](#)

8385 S Allen St. #114, Sandy. From pole to aerial silks, hoop, hammock, flexibility and more, they offer a range of classes to suit your skill level.

[Classpass](#)

Like variety in your workouts and don't want to commit to one membership? Credits allow you to book at dozens of local studios, gyms, salons & spas.

[Salt Lake City Circus Center](#)

602 E 500 S #C-106, SLC. Exercise classes focused on all things circus, including aerial silks, hammock, trapeze, acrobatics, flexibility, tumbling, handstands and more.

Intentional Beginnings

A new year is a natural pause button, a chance to reset, refresh, and realign. Check out these tips to start fresh in the new year.

Clear space for clarity. Declutter your home, digital life, and schedule to create room for new habits, ideas, and opportunities. Letting go of what no longer serves you can feel instantly refreshing.

Set intentions, not pressure-filled resolutions. Focus on how you want to feel this year and let those feelings guide your goals. Small, realistic changes are more sustainable than drastic ones.

Build supportive daily routines. Revisit your morning and evening habits. Simple practices like a mindful morning moment or a screen-free bedtime routine can greatly improve focus, mood, and overall well-being.

Prioritize rest and balance. Treat rest as essential, not optional. Better sleep, downtime, and breaks help you show up stronger and more present in everyday life.

Strengthen meaningful connections. Reconnect with friends, spend intentional time with loved ones, and say yes to social moments that bring joy. At the same time, set boundaries that protect your time and energy.

Try something new. Take a class, explore a new place, or start a creative project just because it excites you. New experiences can spark motivation and confidence.

Events of the Week

[Monster Jam](#)

Jan. 2-4
Delta Center (301 S Temple, SLC)
Featured trucks include Grave Digger, El Toro Loco, Megalodon, ThunderROARus, Jurassic Attack and more. Pit Party and other VIP experiences also available.

[Utah International Film Festival](#)

Through Monday, Jan. 5
Mid-Valley Performing Arts Center (2525 Taylorsville Blvd, Taylorsville)
Moving screenings and panels.

Assistance Resources

Please let us know if you are having difficulties keeping up with your rent.

We've partnered with [Flex](#) to give you flexibility in how you pay your rent.

[Salt Lake City Tenant Resource Center](#)

[Power & Gas Assistance](#)

[Utah Department of Workforce Services Resources](#)

[General Assistance \(Utilities, Food, Housing\)](#)

[Utah Community Action](#) or call (801) 359-2444
211utah.org/ or call 211
<https://jobs.utah.gov/assistance/index.html>

[Food Resources, and Mobile Food Pantry Dates and Locations](#)

<https://www.utahfoodbank.org/programs/mobile-pantry/>
[FeedUT.org](#)