



January 2023 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 NEW YEAR!!

Welcome 2023!! And welcome to all new members! Let's bust a flex on this New Year and keep our health and happiness focus going strong. This is a perfect time to rededicate yourself to your fitness or to pursue a new workout goal. Use the motivation of this next cycle to meet challenges head-on and push towards new achievements. It actually doesn't matter what time of the year you start working out, if you take it one day at a time—it's guaranteed by the next year, you will see and feel the difference. Let us know how we can help you reach your New Year's goals!

TANNING AT MOUNTAIN FITNESS

Did you know that indoor tanning can be good for your health? Especially during the wintertime when we're not getting as much sun, the tanning bed can help your body produce the Vitamin D that it needs, it can improve your mood and help you relax much like the benefits from natural sunshine. These health benefits come along with achieving a sun-kissed look for your skin so that you can rock that beach-body all year long. We have a tanning bed available for public use at our South facility. If you're a first time user stick to under 10 minutes for the first few sessions until your skin has developed more color, and then increase the time in small increments as necessary. You can book your appointment by signing up in the binder at the front desk or give us a call and we can book you in to an available time slot.

Tanning Prices

Member: \$5 single tan, \$40 monthly unlimited

Non-Member: \$8 single tan, \$45 monthly unlimited

CHI GONG/TAI CHI CLASS AT SOUTH GYM

One way to get your energy right this New Year is with the balancing practice of Chi Gong and Tai Chi. This class is offered by Melissa Doyle, one of our many lovely instructors here at Mountain Fitness. It features a series of easy to remember exercises that increase your energy, tone your body, and focus your

mind. You can attend Chi Gong/Tai Chi class three times a week in the classroom at our South facility.

Class times: MWF 10:30AM – 12:00PM

RATES 2023

Just a reminder that our rates are increasing slightly with the New Year. Member rates increase \$2 a member, drop-in rates are increasing to \$15, and class drop-in rates will now be \$7 for non-members (classes are still included for full memberships) .

STAFF FEATURE

We want to give a big shout out to one of our staff members this month. Let's hear it for Dale!!



Dale is a dedicated employee since June 2022. We are so grateful that he is here. Dale is a truly inspirational guy with lots of laughs and a very big heart. He is a testament to the benefits of regular workouts and getting to the gym. His journey with us started with weight loss. Dale came into the gym and worked out every day while sticking to a keto diet—all which gave his health a 180 degree turn. He lost 70lbs in 8 months! Coming into the gym gave him the healthy outlet he needed at the time. Dale asked to help out with the facility to show his appreciation, then we decided to hire him! What he loves about the gym is the inspiration he gets from the dedicated members who come in every day to work on their health. He says that seeing them consistently helps keep him motivated. You'll find Dale at the front desk a few nights a week, and he's also the go-to guy for facility and equipment maintenance. His genuine, caring spirit gives him a friendly face for members to see, and his great sense of humor invites smiles all around him. Thank you, Dale for being a part of the team!