



March 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?

New Yoga Class

Spring is nearly here and it's the perfect time to start a new yoga practice. Please join us Thursday mornings from 8:00-9:30am for this mixed level class. We will focus on classic Hatha Yoga with an emphasis on alignment for a practice that is individualized, energizing, calming, and most importantly, fun! Your instructor, Sandi Dublestein is Yoga Alliance Certified (RYT 500) and has been teaching yoga since 2005.

Happy Spring!

Sounds a little ironic if we look at the weather for the start of this month, but despite the snow and freezing temperatures, the Spring Equinox is around the corner. If you didn't feel up to a New Year's resolution in January, you can consider a new beginning with the coming of spring. As we start to get more hours of sunshine in the day we might feel motivated to start something new. Spring cleaning could include your home environment, but also, what about our bodies and our brains? We might need to clean those out too! Consider looking at your diet and maybe making cleaner choices that will make you feel better. Diet doesn't only include what we eat, but what we consume in general. Can we clean out some negative thought patterns and maybe start a meditation practice? (We have a new yoga class this month that could help with that. See below.) Or maybe we can clean out excuses that keep us from getting in a regular workout. The stars are aligned to get into gear as we approach the spring so let the stagnancy of winter melt away with the coming sunshine and see what motivates you to start something new!

New Equipment at South Gym

We have a new Assault Bike! It's a stationary bike that also allows you to also work your arms with a rowing motion to really break a sweat. This is a great trainer that uses air resistance with a built-in fan to create a challenging cardio workout. It also has a built-in calculator for calories burnt and a heart rate monitor. It's great for interval training! Do some high intensity sprints with light rest in-between. You can incorporate it into your circuit by creating challenges like, how many

calories can you burn in a minute? We hope you love it as much as we do!

Just a Reminder

The sauna, the pool and the showers at locations in Mt. Shasta close 30 minutes before the gym closes. Please be mindful and plan your showers, sauna, and swim so that you are done using this part of the facility by that time. We really appreciate your cooperation!

Winter Safety

While spring is approaching, we still have several weeks of winter to get through. I guess the groundhog predicted accurately this year! There are times when staff cannot get to the facility to be on site at or open the gym. We may need to close intermittently, early, or open late to ensure the safety of staff and members. Also, be aware that the parking lots can get very slick as the snow packs, melts and refreezes. We do our best to keep the lot plowed regularly, but as you can imagine the plows are very busy after a storm hits so there may be times that the parking lot is in need of attention and we are at the mercy of the plow's busy schedule. We appreciate your understanding and, please, always use your best judgment when getting out on the roads or in and out of the parking lot when there are snowy and icy conditions (also please bring a dry pair of shoes and socks with you when you come to the gym).

Drink Your Water

Water you doing to hydrate?? Water is the body's principal chemical component. It makes up 50-70% of total body weight. Every cell, tissue and organ needs water to get rid of waste. It helps regulate body temperature, lubricates and cushions the joints, and protects sensitive tissues. Staying hydrated can make a big difference in our overall health! Adequate fluid intake for active men is 15.5 cups (3.7 liters), which is about 5 standard 24 ounce water bottles. Adequate fluid intake for active women is 11.5 cups (2.7 liters) or 4 standard 24 ounce water bottles. Are you getting enough water?