



# August 2022 Newsletter

Find Us, Friend Us  
& Stay Inspired!



@MountainFitnessCA

[www.mountainfitnessca.com](http://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

**SANITIZER:** Just a reminder that we have changed over to the gym wipes in the dispenser instead of using spray bottles. We have had a few complaints that we are no longer using sanitizer. This is not correct, we have only changed products. Please grab a wipe from the dispenser and clean the equipment as you did before with the spray bottles. With the rise in covid cases recently, we ask that you be more diligent about sanitizing and washing your hands.

**STAY HOME IF FEELING ILL:** If you have cold like symptoms, fever, or extreme fatigue, please stay home and do not come to the gym unless you have a Neg Covid Test. We cannot run the risk of a massive outbreak in the gym as we would have to shut down. Please do your part. Thank you.

**NEW STAFF MEMBER:** Please welcome Cameron Collard to the weekend morning shift and Mountain Fitness South. He is a terrific young man and eager to assist you.

**UPHOLSTERY:** We are working to get all torn upholstery up to par. We are about 80% through it and hopefully will have all repairs done soon. Just recently completed the bench and tri-cep machine at the South Gym.

**PILATES:** Jocette will be gone in September, however Angie will be filling in all days except Monday. Therefore Pilates will be Wed & Fri only in September.

**BODY SCULPT:** After the first week in August, Aiyisha will only be available to teach the Body Sculpt class on Wednesday evenings. Monday will be discontinued. We hope to find a replacement class soon.

### Article provided by Linda V on Knee Pain (by Nutrition Action)

An estimated one out of four older adults have chronic knee pain, usually because of osteoarthritis. Many studies have been done to try to find pain reduction, from supplements like vitamin D and fish oil omega-3s, glucosamine and chondroitin. Corticosteroid injections only provide short term relief. NSAIDS such as Aleve and Advil; help with pain, although they have been known to have adverse effects such as GI bleeding. Topical NSAIDS like Voltaren are safer but don't work for everyone.

So far the best bet – other than a knee replacement – is a mix of strength training plus aerobic exercise and losing excess weight.

Building up muscle strength can protect the knee. Adding high intensity was no better than low-intensity strength training in a recent trial and what may matter most is getting people to stick with an exercise program.

Exercise program adherence is an age old issue, for personal trainers as well as gym owners who fall victim to member retention. Changing the mindset from “I’m wasting money on my gym membership” to “there’s more to being a gym member than I realized” is an ongoing dilemma. A certified Personal Trainer can help by introducing knee strengthening exercises, as well as total body conditioning to offset limitations or muscular imbalances. Meeting with a trainer also encourages exercise consistency, accountability and variety. Tracking improvements can also be a positive move toward retention.

**August****MOUNTAIN FITNESS SOUTH CLASS SCHEDULE****2022**

TIME	CLASS	INSTRUCTOR	LOCATION	MON	TUE	WED	THUR	FRI	SAT	SUN
8:30 – 9:30 AM	*PILATES	JOCETTE	CLASSROOM	●		●		●		
9:00 – 9:45 AM	CYCLE THERAPY	BARB	SPIN ROOM			●				
9:00 – 10:30 AM	YOGA	SANDRA	CLASSROOM						●	
9:00 – 10:30 PM	TAI CHI GONG	MELISSA	SHASTICE PARK	●		●		●		
12:15 – 1:45 PM	*YOGA	BLISS	CLASSROOM		●	●	●			
4:00 – 5:00 PM	LINE DANCING	SIGI	CLASSROOM	●			●			
5:30 – 6:30 PM	BODY SCULPT	AIYISHA	CLASSROOM			●				
5:30 – 6:30 PM	ZUMBA FITNESS	CAROLA	CLASSROOM		●					
6:45 – 7:30 PM	CYCLE THERAPY	BARB	SPIN ROOM		●					
6:45 – 7:45 PM	BALLROOM DANCING	RICK & PEGGY	CLASSROOM			\$	\$			

\*Classes available via zoom in addition to live in the classroom. \$ Indicates that this is not a sponsored Mt Fitness class and there will be an extra charge

**THE WELLNESS CENTER CLASS SCHEDULE**

TIME	CLASS	INSTRUCTOR	LOCATION	MON	TUE	WED	THUR	FRI	SAT	SUN
7:00 – 7:30 AM	BLUE DOT	LINDA V	GYM	GYM						
7:00 – 7:30 AM	HAVE A BALL	LINDA V	GYM			GYM				
7:00 – 7:30 AM	FUN FRIDAY	LINDA V	GYM					GYM		
12:30 – 1:00 PM	STANDING TALL	LINDA V	GYM	GYM		GYM		GYM		

**Blue Dot** – 1 minute strength resistance exercises followed by a 3 minute cardio session

**Have a Ball** – Resistance/Core work on the stability ball

**Fun Friday** – High intensity interval training using weights and body weight

**Standing Tall** – Balance/Core work either standing or on a stability ball

**THE WELLNESS CENTER WATER CLASS SCHEDULE**

TIME	CLASS	INSTRUCTOR	LOCATION	MON	TUE	WED	THUR	FRI	SAT	SUN
11:00 – 12:00 AM	AQUA FITNESS	LINDA V. CARYLE	POOL	●		●		●		
2:00 – 3:00 PM	QUIET WATER TIME		POOL	☯	☯	☯	☯	☯	☯	

**SHASTINA CLASS SCHEDULE**

TIME	CLASS	INSTUCTOR	LOCATION	MON	TUES	WED	THUR	FRI	SAT	SUN
8:00-9:00 AM	FLEX & STRENGTH	BILL	SHASTINA GYM	●		●		●		

**Flex & Strength** – A full body strength and flexibility workout in a circuit training format, utilizing weight machines and full body flexibility training.