



www.mountainfitnessca.com

# July 2024 Newsletter

Find Us, Friend Us  
& Stay Inspired!



@MountainFitnessCA

MOUNTAIN FITNESS – Wellness Center | 633 Lassen Lane, MS | 926.6010 | M-F 6am-8pm | S/Sun 9am-5pm

MOUNTAIN FITNESS – South | 1630 S. Mt Shasta Blvd. | 926.3589 | M-Th 5am-10pm | Fri 5am-9pm | S/Sun 8am-7pm

MOUNTAIN FITNESS – Shastina | 20508 Big Springs Rd Weed | Open 24 hours – Card Lock

## What's New at Mountain Fitness?



### Holiday Hours

We will be closed on Thursday, July 4<sup>th</sup> to celebrate the holiday. We will have shortened hours on Friday, July 5<sup>th</sup>. At the South facility we will open a little later starting at 7:00am and closing at 9:00pm. At the Wellness Center, hours are adjusted to opening at 8:00am and closing at 5:00pm. Hours will return to normal over the weekend. All classes will be cancelled Friday, July 5<sup>th</sup>.

### New Hours

We are staying open until 10pm at the South Facility Monday through Thursday for the summer season. Enjoy the long summer days and get your workout in after the sun goes down! (There is no change to hours at the Wellness Center).

### New Spin Class Time

Barb's cycle therapy classes will now be held at 6:15am to 7:00am on both Wednesday and Thursday mornings. Check out this class and find a great way to start your day off with a sweat and a smile ☺.

### Congratulations Kathleen!

Congratulations to Kathleen Dugan, business professional and Mountain Fitness member, who successfully completed the *Breast Cancer Prevention Partners' Climb Against the Odds* on Mt. Shasta. Her fundraising efforts earned \$11,375 to support local women in their cancer treatment and recovery. Thank you, Kathleen.

### Back Parking lot at South Facility

The back lot at the South facility will be closed Thursday, July 11<sup>th</sup> through Friday the 12<sup>th</sup> for tree cutting in preparation for plans to level and re-pave the lot. Please use the front lot or the side dirt lot on those days as there will be no access to the back.

### Leave Us A Good Review!

Do you love Mountain Fitness? Do you wish you had more free guest passes? One way to show your love and appreciation is with an online review. If you leave us a good review on google, yelp or any online platform, we are, for a limited time, giving you back any used guest passes for this year. Show proof of your review at the front desk. Maybe you don't use guest passes, but you still want to leave us a good review, no problem! We can definitely work something out to make it worth your while. Let's spread the word about how great our local gym is!