



April 2023 Newsletter

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& 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?

Looking Forward to Summer!

Great news everyone, winter will probably not last forever! It is kind of cute how this winter wants to be in such a long term relationship with our little town, but the sun will come out tomorrow. And starting in May, we will be extending our hours on weekdays (except for Friday) well beyond sunset at the South location, staying open until 10pm! This way you can get your outdoor fun and your workout in before bedtime. Starting in May, the new hours at South gym will be as follows:

Monday – Thursday: 5:00am – 10:00pm

Friday: 5:00am – 9:00pm

Saturday – Sunday: 8:00am – 7:00pm

Opening hours and North location (Wellness Center on Lassen) hours will stay the same.

New Evening Class: Buti Yoga

From instructor, Michaela Rose Soleil:

“The only way to transform your body in a sustainable way is to fall in LOVE with your workout + wellness lifestyle. Buti® Yoga isn't a workout; it's a chance to create, let go, connect, and sweat with intention. Every time you step on your mat, you break through the emotional or physical barriers to set yourself free. This calorie-scorching workout fuses power yoga with cardio-intensive tribal dance + body sculpting movement. Created by Celebrity Trainer Bizzie Gold, Buti® Yoga utilizes the Spiral Structure Technique® to sculpt + tone the deep abdominal muscles that stabilize and strengthen the body. Instead of linear movements, Buti® favors movements that challenge the body along all planes

of motion -THE RESULT- long, lean muscle with sexy feminine curves.”

This class will begin on April 10th, held from 5:30 - 6:30pm in the classroom.

New Equipment

We have added an adjustable bench at our Shastina location! It's brand new and quite sturdy. Also, stay tuned as we are setting goals to bring in more and more new equipment to our locations over time. These basic improvements are critical to our investing back into our members with bigger improvements still coming.

Thank You Members!!

We want to extend our gratitude to our members as you bear with us through the ups and downs. We thank you so much for your input as we strive to provide a satisfactory space for your health and wellness. Along with many goals we are setting to improve the facilities, we also come up against unforeseen circumstances such as equipment repairs, appliance repairs and replacements, and extreme weather. The list goes on, but we try not to miss a beat as we address any issues that may arise. Thank you for your continued support as we make our best efforts to keep everything running and in order. And thank you for your patience as there are times when certain amenities may not be available while awaiting repair. Just like the maintenance of our bodies, our facility has a lot of working parts! And like our bodies, as the building gets older, it needs a little extra care sometimes. Again, we really appreciate your continued support and understanding.