



September 2021 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

Fires and Your Health

Smoke is made up of a complex mixture of gases and fine particles produced when wood and other organic materials burn. The biggest health threat from smoke is from fine particles. These microscopic particles can get into your eyes and respiratory system, where they can cause health problems such as burning eyes, runny nose, and illnesses such as bronchitis. Fine particles also can aggravate chronic heart and lung diseases - and even are linked to premature deaths in people with these conditions.

If you are healthy, you're usually not at a major risk from short-term exposures to smoke. Still, it's a good idea to avoid breathing smoke if you can help it. Everyone should take the steps below when wildfires are present.

Use common sense. If it looks smoky outside, it's probably not a good time to mow the lawn or go for a run. And it's probably not a good time for your children to play outdoors.

Pay attention to local air quality reports. Stay alert to smoke-related news coverage or health warnings.

Visit [AirNow](#) to find out the Air Quality Index in your area. As smoke gets worse, the amount of particles in the air changes - and so do the steps you should take to protect yourself. AirNow recommends precautions you can take to protect your health when air pollution gets bad.

If you are advised to stay indoors, take steps to keep indoor air as clean as possible. When smoke levels are high, try to avoid using anything that burns, such as wood fireplaces, gas logs, gas stoves - and even candles! Don't vacuum. That stirs up particles already inside your home. And don't smoke. That puts even more pollution in your lungs, and in the lungs of people around you.

If you have asthma or other lung disease, make sure you follow your doctor's directions about taking your medicines and following your asthma management plan. Call your doctor if your symptoms worsen.

Run your air conditioner if you have one. Keep the fresh air intake closed and the filter clean to prevent bringing additional smoke inside. Note: If you don't have an air conditioner, staying inside with the windows closed may be dangerous in extremely hot weather. In these cases, seek alternative shelter.

Air Cleaners - If you have room air cleaners with high-efficiency particulate air (HEPA) filters, turn them on. Don't use air cleaners that may produce ozone. For portable air cleaners, follow all the manufacturer's instructions for changing the filter, where to place the device, and the size of room it's meant to be used in.

If you have heart or lung disease, if you are an older adult, or if you have children, talk with your doctor about whether and when you should leave the area. When smoke is heavy for a prolonged period of time, fine particles can build up indoors, even though you may not be able to see them.

Article Provided by: AirNow.gov

What's New at Mountain Fitness

Upcoming Remodeling Projects

Shastina: We will be replacing the carpet at the Shastina Gym with Foam Matting on Saturday September 18. The cardio equipment will be unavailable that day. We should have it done by evening time.

South Gym: We will begin expanding the front office into the old child care area in September. The bathroom and sink next to the office will no longer be accessible to members. We are installing a new bottle fill sink in the weight room.

New Staff Members

Please Welcome:

Austin Cummins, who has worked for the company in the past, as the new Manager for the South Gym. He has great knowledge of the fitness industry and is a certified personal trainer. He is available Monday through Friday for questions or comments.

Richard Steenken to the South Gym. He will be our morning opener during the weekdays.

Eden Jelich is back with us on evenings and weekends at the South Gym.

LABOR DAY HOURS

Monday Sept 6
9 am – 5 pm
@ Both
Mt Shasta
Locations

CLASS CHANGES

Soul Fusion – Thursday @ 5:30 pm will be cancelled. We hope to replace it with an evening spin class next month.

MOUNTAIN FITNESS SOUTH CLASS SCHEDULE

TIME	CLASS	INSTRUCTOR	LOCATION	MON	TUE	WED	THUR	FRI	SAT	SUN
8:30 – 9:30 AM	*PILATES	JOCETTE	CLASSROOM	●		●		●		
10:30 – 12:00 PM	*YOGA	BLISS	CLASSROOM			●				
9:00 – 10:30 AM	CHI GONG TAI CHI	MELISSA	SHASTICE PARK	●		●		●		
9:00 – 10:30 AM	YOGA	MELISSA	CLASSROOM						●	
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 – 7:45 PM	BALLROOM DANCING	RICK & PEGGY	CLASSROOM			\$	\$			

*Classes available via zoom in addition to live in the classroom

\$ Indicates Extra Expense (Not part of MF Membership)

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.	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.