



June 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 | S/Sun 9am-5pm

MOUNTAIN FITNESS – South | 1630 S. Mt Shasta Blvd. | 926.3589 | M-TH 5am-10pm | F 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?

New Floor Glute & Hamstring Developer

You'll find the new floor glute and hamstring developer set up in the power lifting room at the South gym. This machine offers many simple ways to target glute and hamstring development and more! Come check it out!

Journey to Fitness

"I became fit overnight!" said no one, ever. We all know that fitness is something that happens over time with consistency. Then, once fitness goals are met, it doesn't stop there. We have to maintain our fitness through continued consistency. Getting to the gym is a major part of this process, but we also have to prepare our bodies with proper nutrition and enough rest. It is a step-by-step process with goals along the way but no particular end in sight. How would you describe your fitness journey to someone who needs that inspiration to start their own? What motivates you? What's your favorite part or certain activities that bring you the most joy? Which benefits are the most rewarding and keep you coming back for more? What are the most important points of diet and nutrition that you could share to encourage others? If you feel like sharing some wisdom or inspiration, tag us in your Facebook or Instagram post! And thank you for being a part of our journey!

Staff Feature: Linda Valenzuela

Linda has been a part of Mountain Fitness for 18 years. Her passion is fitness and helping folks age gracefully by keeping their body fit and mind sharp! Her heart is so big she can fit the whole community inside it and still have time for a 5am run. Don't EVER tell her when your birthday is. She will remember it forever, throw you the best party, and bake something absolutely delicious and healthy for you. Don't say I didn't warn you! Linda is a manager and a personal trainer here at Mountain Fitness training clients of all ages and abilities. You'll find her over at the Wellness Center most days rooting her

clients through movement, teaching one of her many core strengthening classes or dancing her heart out to the oldies station playing in the gym. Her enthusiasm and fun spirited nature is infectious. She is truly a staple here at Mountain Fitness; we are so blessed by her presence. Thank you Linda!

Class Feature: Zumba!

Have you ever heard of fun? Remember fun? Well, if for some sad reason you have forgotten what fun is, you'll quickly be thrust into so much of it once you follow the lively Latin beats and colorful rotating lights to find yourself in Zumba class with the famous Carola Pacil. Carola's glowing smile and magnetic personality will quickly allow you the courage to let go and feel the movement. You'll enjoy a good sweat while keeping up with her stellar choreography and aerobic exercises. This is a class where you can fit in anywhere! Students have lots of support from the turned up tunes and a friendly group atmosphere. Mark your calendar on **Tuesday nights at 5:30pm**. This one hour class will fly by, and you'll leave feeling a little sweatier and a lot sexier after getting in a good booty shake. Classes are included with your membership or \$7 drop-in fee for non-members.

Saturday Yoga Schedule Change

Saturday yoga classes with Sandi are, by popular demand, moving to an earlier start time beginning this month. This Iyengar based hatha yoga class runs one hour and a half, and now starts at 8:00am on Saturday mornings. Get a kick start to your day with this aligning and rejuvenating practice (you can also catch a weekday yoga class with Sandi at 8:00-9:30 am on Thursdays).

Zero Join-Fee for the Month of June!

Our summer promotion is here! Tell your friends who have been on the fence about a gym membership that now is the time! During the month of June new members can sign up for just the price of dues and we'll take care of the join fee. Get it while it's hot!