



May 2023 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 | 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 Hours at South Gym

We're extending hours at the south location. Starting this month we'll be staying open until 10pm Monday through Thursday. Opening hours will still be 5am. Our Friday hours will stay the same, closing at 9pm. Weekend hours will also be unchanged staying from 8am-7pm.

New Cable Crossover Machine at Shastina

We have a new piece of equipment at the Shastina location! The very versatile cable crossover machine with 210 stacks can be used for a variety of strengthening exercises.

Chi Gong/Tai Chi Class Moving to Shastice Park

Melissa's Chi Gong/Tai Chi class will be moving outdoors to Shastice Park. Classes will be held on Monday, Wednesday and Friday and new hours are from 11am -12:30pm. This practice is grounding and regenerative paired with the healing energy of a natural setting, view of the mountain, and fresh air—it is a real treat to experience!

Sunday Yoga Class Discontinued

There will be no yoga class on Sundays starting in May. Find meditation and union with the summer season by discovering hikes in the many gorgeous landscapes to be found in Siskiyou County. It sure is nice to live in a postcard! Or maybe take some time to nurture a garden, go to brunch, or make new space to find peace and serenity within.

Swim Hours at Lassen

Please find updates to the swim hours at the Lassen location (Wellness Center) on the class schedule.

We want to remind members about pool etiquette during lap swim hours, swim classes, and quiet water times.

Lap swimming is reserved between 9-10am Monday through Friday. Lap swimming in the therapy pool is limited to three swimmers at a time.

During swim classes we ask that members using the spa leave the jets off and refrain from loud conversation as to not interrupt the class session.

Quiet water time is reserved for water therapy and exercise and we ask that during these times the water remains non-turbulent. Please be mindful of this during these hours.

Swim Lessons at Lassen

There will be children's swim lessons held at the Wellness Center during the month of May. Members are welcome in the pool during lessons with the knowledge that there will be children in the pool taking lessons with a private instructor. Scheduled dates and times are noted in this month's class schedule.

Body Strength and Flow Class Discontinued

Body Strength and Flow class will be discontinued. Class instructor, Skylar, is moving on to new adventures, and we will miss her!