



September 2022 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

Weight Room Expansion:

We will be moving the spin bikes up to the classroom and holding the Cycle Therapy class there beginning the 2nd week in September. We are going to be re-arranging the weight room and possibly moving in some new equipment. This will help with the overcrowding and the flow of the weight room and hopefully make it more user friendly.

Cycle Therapy Class:

As stated above, the Cycle Therapy class will be moved to the classroom in September. The bikes will be pushed against the wall and out of the way while not in use and should not be an issue for other classes. The ventilation will be a lot better in the classroom than it was in the spin room. We are not moving in all of the bikes, only what we need at this time. The Wednesday morning time will change from 9:00 am start time to 9:45 start time.

NEW CLASS- Warrior Rhythm:

Our new certified instructor, Skylar Evans will be bringing a fresh new class to Mountain Fitness. This is a high intensity class which will replace the Monday Body Sculpt Class. Body Sculpt will still take place on Wednesdays with Aiyisha.

Warrior Rhythm is a fitness-focused class with yoga undertones, WARRIOR Rhythm™ increases strength, flexibility, and balance. It's yoga + weights + HIIT + mindfulness rolled into one insanely rhythmic experience!

Class will take place Monday evenings at 5:30 pm.

Thanks To Maria:

Thank you Maria, our wonderful weekend supervisor, for the beautiful flowers you planted out front of the South Gym and thank you for taking care of them. They are a welcoming addition to the gym.

Labor Day:

We are running regular hours on Labor Day at all facilities, however there will be NO CLASSES.

Future:

We are planning to bring fresh new ideas and some new equipment over the next year to make the Mountain Fitness gym flow better with our growing membership. Please be patient and pardon the construction and remodel work we are going to be doing to make the gym a better place.

Dropping Weights:

Please be mindful not to drop weights or slam them down. This wears down the equipment faster. If you need assistance with spotting to prevent drops, please ask the front desk for assistance.

**Thank you members for your ongoing support!
If you have suggestions on how we can improve Mountain Fitness, please see the managers.**

MOUNTAIN FITNESS SOUTH CLASS SCHEDULE

TIME	CLASS	INSTRUCTOR	LOCATION	MON	TUE	WED	THUR	FRI	SAT	SUN
8:30 – 9:30 AM	*PILATES	JOCETTE	CLASSROOM	●		●		●		
9:00 – 10:30 AM	YOGA	SANDRA	CLASSROOM						●	
9:00 – 10:30 PM	TAI CHI GONG	MELISSA	SHASTICE PARK	●		●		●		
9:45 – 10:30 PM	CYCLE THERAPY	BARB	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	WARRIOR RYTHM	SKYLAR	CLASSROOM	●						
5:30 – 6:30 PM	ZUMBA FITNESS	CAROLA	CLASSROOM		●					
6:45 – 7:30 PM	CYCLE THERAPY	BARB	CLASSROOM		●					
6:45 – 7:45 PM	BALLROOM DANCING	RICK & PEGGY	CLASSROOM			\$	\$			

*Classes available via zoom in addition to live class

\$ Indicate this is not a sponsored Mountain Fitness Class and there will be an extra charge

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. CARYLE	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.