



www.mountainfitnessca.com

June 2024 Newsletter

Find Us, Friend Us & Stay Inspired!



@MountainFitnessCA

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 | Fri 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

Starting June 1st through September 15th we will switch to summer hours at the South facility.

Monday through Thursday we are extending our closing hours to 10pm. Friday, we close at 9pm and weekend hours will stay the same. Note in the header of this newsletter the new hours for the South location. Wellness Center hours will stay the same.

Pool Closed Third Week of June

We are planning a week-long pool closure beginning June 17th at the South facility for repairs to the ceiling. The pool and the sauna will be closed until the repairs are completed. Feel free to visit the pool and sauna over at the Lassen location in the meantime. You can find the hours, address, and phone number to that location in the header of this newsletter. Thank you for your patience while we upgrade our space.

Dirty Shoes

Because we have constant traffic throughout the gym, it is a big job to keep the facility clean. Everyday usage equals everyday cleanup. Please be mindful of debris and dirt on your shoes that you're wearing through the gym. One person tracking through the space with muddy shoes can make the whole gym look really dirty even though it is cleaned daily. Help us keep the facility up to standard by wearing clean shoes into the gym.

Leave Us A Good Review!

Do you love Mountain Fitness? Do you wish you had more free guest passes? One way to show your love and appreciation is with an online review. If you leave us a good review on google, yelp or any online platform, we are, for a limited time, giving you back any used guest passes for this year. Show proof of your review at the front desk. Maybe you

don't use guest passes, but you still want to leave us a good review, no problem! We can definitely work something out to make it worth your while. Let's spread the word about how great our local gym is!

Father's Day

It's a day to remember that masculine figure in our lives who raised us and taught us about the world. Father's day is Sunday, June 16th. It could be a perfect day to head out to the lake, barbeque at home, or share a workout with your pops. He might be the tough, stoic type, but trust me, he still loves to be appreciated! Reminisce about times you've appreciated your father, and if he's still here, share those memories together and then create some new ones!

Tai Chi/Chi Gong



Our Tai Chi/Chi Gong class is now officially taking place outside at Shastice Park. Cultivate your inner Chi in the gorgeous setting with a view of the mountain while getting your bare feet on the ground, touching the grass, and smelling the fresh air! Melissa has been instructing this class for over a decade. All members and non members are welcome. The outdoor location for this class is free to join for all participants.

Back Parking lot at South Facility

Stay tuned next month. The back lot at the South facility will be closed temporarily for tree cutting in preparation for plans to level and re-pave the lot. Look out for exact dates in the July newsletter.