

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

### New Power Lifting Room

We now have a room solely dedicated to barbell work including: power lifting, Olympic lifting, barbell rows, etc.. Your imagination is your only limiter! We have brand new flooring and platforms that Austin has beautifully installed. The platforms were built reinforced to withstand a stronger workload providing better traction under your feet resulting in better body performance! You'll notice some fantastic artwork rendering bodybuilding icon Arnold Swarzenegger on the north wall painted by one of our very own members! Shout-out to Doug Daudell and his artistic skills. Thank you, Doug for contributing inspiration and beauty to the new space!



### New Functional Trainer

In the location where the squat rack used to be, you will happily notice a new piece of equipment. With adjustable slides on both sides, 2X200 lbs weight stacks, pull-up bar overhead, and an assortment of new handles to use. You'll find the workouts you can create are very versatile. You'll be able to change up your routine in new and exciting ways. Ask a staff member if you need assistance.

### New Location for Spin Class

You'll notice the new power lifting room is located where spin classes used to be. Cycle Therapy will still be held at the same times, 6:45 - 7:30 pm Tuesday and 9:45-10:30 am Wednesday with Barb in the main classroom upstairs.

### Sunday Yoga is Back!

Melissa's Sunday class will resume in October. Class will begin Sunday October 2<sup>nd</sup> at 11:30 am.

