



# November 2022 Newsletter

Find Us, Friend Us  
& Stay Inspired!



@MountainFitnessCA

[www.mountainfitnessca.com](http://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?

### Welcome New Members!

During the month of October we waived our membership join fee, and would like to extend our appreciation to the new and returning members who hopped on board for the fall/winter season. Please reach out to any of our staff if you need any assistance or have any questions about your membership or the facility. We are here to support you on your fitness journey and are so happy you are here!

### Welcome New Staff!

A big welcome to Kara, Priscilla, and Dave! Thank you for joining the team at Mountain Fitness. We are grateful to have you!

### New Weight Room Layout

You may have noticed the weight room at the South facility looks a little different. We've moved the dumbbell rack and the bench press stations to opposite sides of the room. This allows for an easier flow in the area and better use of the space in general. The free weight section can get crowded, so members now have more room to share the area during busy times.

We also have a new adjustable bench at the South facility. It can be adjusted for incline, decline and any level in between. Find it by the dumbbell rack.

In the power lifting room we've also added a new plate tree to hold and organize steel plates.

### Parking Lot Makeover at South Gym

Thank you all for your patience while we were getting the trees styled for the winter. We had a maintenance crew over a week or so taking up some space in the parking lot to trim low branches of the trees around

the edges of the facility. This should reduce the amount of extra needles dropping due to snowfall.

### Class Changes

Skylar's Monday night class has moved to Thursdays at the same time, 5:30-6:30pm. It has a new day and a new name. Come join us Thursday nights for Skylar's Body Strength and Flow class. Enjoy a sweaty yoga flow while getting toned with strength training and listening to music that makes you want to move!

Also, Melissa's Chi Gong/Tai Chi class is at a new time and is now moving back indoors for the colder months. It will be held Monday, Wednesday and Friday 10:30am-12:00pm in the classroom at our South location.

### Thanksgiving

We will be closed on Thursday, November 24<sup>th</sup> for the Thanksgiving holiday. Regular hours will resume the following Friday, so you can come work off all that pie (and maybe share some leftovers with our pie-loving staff).

### Health Reminder

'Tis the season for colds, flus, viruses etc. If you are feeling sick or symptomatic, please be mindful and stay home. Also, please take necessary precautions to avoid spreading illness to other members or gym staff.

### Winter Weather

Please be advised that during the late fall and winter months, weather may affect our hours of operation due to road conditions and power outages. We will do our best to be open, but the safety of staff and members will take priority when needed.

