



www.mountainfitnessca.com

July 2022 Newsletter

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& Stay Inspired!



@MountainFitnessCA

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

CLOSED JULY 4th:

All Mount Shasta Mountain Fitness Facilities will be closed on Monday July 4th. Shastina will remain open 24/7. You need a key fob to access Shastina as your scan tags will not work.

NEW STAFF MEMBER:

Please welcome Jenny to our Wellness Center location. Jenny will be working evenings Monday through Friday.

GUEST PASSES:

Just a reminder that members are allowed 5 guest passes per year. If you have used your guest passes, your guest must pay a day pass fee. Minors are not allowed to bring in guests that are minors.

We do NOT allow guest passes to be used at the Shastina gym because we do not have it staffed all the time.

APPROPRIATE SWIMWEAR:

We have been having a problem with inappropriate swimwear lately. Please remember we are a health club with people of all ages. Some take offense to swimwear that does not cover the private parts. Please no thongs suits. Members will be asked to change or leave if they come in that type of attire. Thank you for your cooperation in this sensitive matter.

SOUTH PARKING LOT REPAIR:

We have recently repaired the large pothole in the front parking lot. Hopefully entering the parking lot will be less bumpy for you in the future. Someday

hopefully we will be able to re-pave the entire lot but unfortunately that won't be for a while.

GYM WIPES:

We have moved away from the spray sanitizer bottles because the overspray was damaging our equipment and bothering members. We originally stopped using the gym wipes in the dispensers because they were not approved to kill COVID. They now are approved and we feel it's a better option all around. The dispensers are located in the main gym area, cardio room (South) and Classroom (South). Please use them and dispose of the wipes when finished. If you notice the dispenser is jammed or out, please let the front desk know.

NEW WEEKEND SUPERVISOR:

Maria has been with Mountain Fitness for 2.5 years and has been promoted to weekend supervisor. She is an excellent staff members and an asset to our organization. Please see her if you have any issues over the weekend.

SUNDAY YOGA:

Sunday Yoga is temporarily canceled. It will resume in the fall.



July

MOUNTAIN FITNESS SOUTH CLASS SCHEDULE

2022

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







*Classes available via zoom in addition to live in the classroom. \$ Indicates that this is not a sponsored Mt 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.