



www.mountainfitnessca.com

September 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?

No Join-Fee This Month!

If you need a sign to get started on or get back into a gym routine, then here's one for ya: for the month of September, we will waive the \$25 join-fee for all new and re-joining members! Visit either of our Mt. Shasta locations to begin.

South Gym Hours of Operation

After the 15th of this month, we will return to a 9pm closing-time instead of 10pm—Monday through Thursday at the South gym. Note the hours of operation in the bar at the top of this newsletter.

Getting to the Bottom of Sitting

We work, we sit. We eat dinner, we sit. We unwind with some T.V., we sit. On average, Americans sit for 11-12 hours a day, which represents ¾ of their waking day. Doctors refer to this all-too common sedentary lifestyle as "sitting disease".

There are many drawbacks to the sitting position, one of them being sitting damages fitness and mobility. Anytime you stay in one position for a length of time, your muscles adapt to that position, making flexibility and muscular/skeletal range of motion harder to achieve. The damage cannot be fully undone by exercising: "I've, exercised today, I'm good" isn't enough. We need movement throughout the day. One or two minutes every hour adds up to over 30 minutes of movement. Moving 5 minutes every half hour has positive effects on blood sugar levels. If you are inactive, *for each 1,000 steps* you decrease your risk of dying by 15%.

Bottom line (no pun intended): increase your muscular/skeletal mobility, flexibility, and range of motion, strengthen your heart, lungs, circulation, maintain or improve your blood sugar levels, and increase your longevity...MOVE!

Source: AARP Magazine, August 2024

New Power Yoga Class with Veronica

Mark your calendars this month because we have a new yoga class on the schedule, starting September

1st. Our new instructor, Veronica, will have a 1.5-hour class on Sundays at 12:00pm and a 1-hour class at 5:30 pm on Thursdays. Veronica is very passionate about her practice, and her enthusiasm shines through in her guidance. Are you ready to explore inversions and arm balances or just increase your strength and flexibility in a mindful way? If so, then this class is worth checking out! Her class will put you to work, but you'll be surprised at what you can do. The class is fast-paced and it includes foundational asanas as well as inversions and core exercises. It's designed to push you to your edge and challenge you to safely expand in your practice.

New Back Extension Bench at South Gym

The Roman Chair Back Hyperextension Bench is a must for improving core strength, isolating abs, and building powerful back muscles. It helps strengthen the lower back while targeting the glutes and hamstring muscles. The training bench is equipped with soft, but durable vinyl padding and a sizeable diamond-texture footplate and provides a universal fit. With the adjustable height ranging from 34" to 43" allows athletes of all sizes to add it to their training habits. Sit and lean backward to develop your core or flip over to perform back workouts with targeted motions. This back hyperextension bench y-frame design maximizes the footprint of the bench and allows smooth positioning while exercising and moving. Sculpt the abs you have always wanted with this roman chair.

Source: Titan Fitness Product Description

Leave Us A Good Review! ★★★★★

One way to show your love and appreciation for your favorite local gym 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. Just show proof of your review at the front desk.