MOUNTAIN FITNESS

www.mountainfitnessca.com

March 2020 Newsletter

Find Us, Friend Us & Stay Inspired!

@MountainFitnessCA

MOUNTAIN FITNESS – Wellness Center | 633 Lassen Lane, MS | 926.6010 | M-F 5am-9pm | Sat/Sun 6am-6pm

MOUNTAIN FITNESS – South | 1630 S. Mt Shasta Blvd. | 926.3589 | M-F 5am-10:30pm | Sat/Sun 6am-9pm

MOUNTAIN FITNESS – Shastina | 20508 Big Springs Rd Weed | Open 24 hours – Card Lock

Cell Phone Etiquette in the Gym

The convenience of cell phones is undeniable. They keep us connected to friends and loved ones, provide a lifeline when we are stranded and even make our work lives feel more efficient. Unfortunately, in spite of their convenience, cell phones are also a nuisance. They are everywhere. There don't seem to be any spaces free from talking, texting, checking and tweeting. Since phones have not yet been banned from the gym, let's review cell phone etiquette to reduce the nuisance factor while we are there.

Phone Presence: Aside from the obvious health benefits like lower blood pressure, weight and cholesterol, gym workouts are a great way to reduce stress. When you watch your phone every second, you rob yourself of the mini mental health break working out provides. If at all possible unplug while you exercise. Leave your phone in your gym locker and claim exercise time for yourself. If the thought of being unavailable, even for such a short time, sends you into a panic, create an auto reply message with information about when you will be available.

Phone Sounds: It goes without saying that if you must bring your phone to the gym it should be set on silent. Ideally, you should also disable the vibrate feature. Buzzing and beeping from dozens of phones is an unwelcome distraction in any setting, and especially at the gym.

Phone Conversation: Conducting telephone conversations in common areas is an absolute no-no. The discussion is only important to you and the person on the other end of the line. Be considerate by sparing everyone else. Take the call outside of the gym and be sure to step away from the entrance so others can pass freely. It goes without saying that you should not be talking on the phone when you hand off or reclaim your membership card. Choose instead to acknowledge the person behind the desk.

Phone Features: We are entitled to privacy. Never use a cell phone to photograph or record anything that happens in the gym. This is doubly true of the locker room. This rule is inviolable.

A recent survey revealed that most of us would give up just about anything before we part with our phones. Many of us sleep with our little friends and even check messages in the middle of the night. There is no denying the value we place on our phones. Still, it is important to observe the rules for common courtesy. Be mindful of how your phone use affects those around you and behave accordingly.

Phone Music: I'm sure your now saying, "I need my phone for music at the gym." There are great alternatives for music other than your phone. Put your phone away and use a device like an I-Pod or The Mighty Vibe Spotify and Amazon Music Player. With these devices, you can download or stream music without the distraction of your phone.

What's New This Month at Mountain Fitness?

MT. FITNESS IS NOW UNDER NEW OWNERSHIP!

A Message From the New Owner: (Debbie)

Well it has finally happened! Things will be a bit chaotic over the next few months, so please be patient. There are good things to come. I'm sad to report that Greg, our General Manager will be retiring. He will be greatly missed. Please call me if you have any questions or concerns. Thank you for your support!

CLASS SCHEDULE CHANGES

Aqua Fitness: T TH 10:00 – 11:00 am

Pilates @ S. Gym on Tues & Thurs mornings – moved to Wellness Center @ 8:45 am

NEW CLASSES

Beginning Pilates T TH 7:00-7:30 am

Instructor: Linda V
Class in Gym @ Wellness Center

CONGRATULATIONS TO CANDY COUNTING CONTEST WINNERS!

Mountain Fitness Shastina (56) :
Fay Mok – 56

Wellness Center (57) :
AGAIN Wendy Berg- 56

Fitness Center (57):
Wisper Tonozzi – 57

**** IMPORTANT NOTE ** Please make sure all future payments are payable to Mountain Fitness. We can no longer accept checks payable to The Wellness Center or MSPT**

March

THE WELLNESS CENTER CLASS SCHEDULE

2020

TIME	CLASS	INSTRUCTOR	LOCATION	MON	TUE	WED	THUR	FRI	SAT	SUN
6:00 – 7:00 AM	BOOT CAMP	VICTORIA	CLASSROOM		●		●			
7:00 – 7:30 AM	FUN FRIDAY	LINDA V	GYM					Gym		
7:00 – 7:30 AM	BEGINNING PILATES	LINDA V	GYM		●		●			
7:00 – 7:30 AM	BALANCED WEDNESDAY	LINDA V	GYM			Gym				
7:00 – 7:30 AM	BLUE DOT MONDAY	LINDA V	GYM	Gym						
7:15 – 8:00 AM	FLEXIBILITY TRAINING	VICTORIA	CLASSROOM		●		●			
7:30 – 9:00 AM	YOGA	DEBBIE/ VERONICA	CLASSROOM	●		●		●		
8:00 – 9:00 AM	KICK BOX &SCULPT	LESA	CLASSROOM						●	
8:45 – 9:45 AM	PILATES	JOCETTE	CLASSROOM		●		●			
9:00 – 9:30 AM	BREATH EXERCISES	HELEN/DONNA MELISSA	CLASSROOM							●
9:30 - 11:00 AM	HATHA YOGA	HELEN/DONNA MELISSA	CLASSROOM						●	●
10:00 – 11:00 AM	PILATES 1	JOCETTE	CLASSROOM	●		●		●		
11:00 – 12:00 Tues 10:45-11:45 Thur	PILATES 2	JOCETTE	CLASSROOM		●		●			
11:00 – 12:00 PM	MOVE IT OR LOSE IT	ANGELA	GYM	gym		gym		gym		
11:00 1 12:30 AM	TAI CHI/CHI GONG	MELISSA	CLASSROOM	●		●		●		
12:15 – 1:45 PM	YOGA	BLISS	CLASSROOM		●		●			
1:00 – 1:30 PM	STANDING TALL	ANGELA	CLASSROOM	●		●				
2:00 – 3:00 PM	RESTORATIVE YOGA	JAN	CLASSROOM		●					
2:00 – 3:00 PM	CHAIR YOGA	JAN	CLASSROOM	●		●				
4:00 – 5:00 PM	ZUMBA GOLD	CAROLA	CLASSROOM		●					
4:00 – 5:00 PM	LINE DANCING	SIGI	CLASSROOM	●			●			
5:30 – 6:30 PM	KICKBOXING/ SCULPTING	LESA	CLASSROOM	●		●				
5:30 – 6:30 PM	ZUMBA FITNESS	CAROLA	CLASSROOM		●					
5:30 – 6:30 PM	PIYO	LAUREN	CLASSROOM Begins Oct 10				●			
5:30 – 7:00 PM	CARDIO CIRCUIT	ANGELA	GYM		gym		gym			
5:30 – 7:00 PM	YIN YOGA	HELEN	CLASSROOM					●		
6:45 - 7:45 PM	BALLROOM DANCING	RICK/PEGGY EXTRA FEE	CLASSROOM		$	$	$			

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MT. FITNESS SHASTINA CLASS SCHEDULE

2020

TIME	CLASS	INSTUCTOR	LOCATION	MON	TUES	WED	THUR	FRI	SAT	SUN
8:00 – 9:00 AM	STRONG, FAST & FLEXIBLE	BILL	SHASTINA GYM	●		●		●		
4:00 – 5:00 PM	STRENGTH 101	LINDA V	SHASTINA GYM		●					
12:00 – 1:00 PM	YOGA FOR ALL	BILL	SHASTINA GYM			●				

THE WELLNESS CENTER WATER CLASS SCHEDULE

OPEN SWIM - Monday, Wednesday & Thursday 5:00 AM – 10:00 AM
Monday & Thursday 3:30 PM – 8:30 PM / Wednesday 3:30 PM – 5:30 PM

***Swimmers:** Please keep water turbulence at a minimum when there's a Physical Therapy session taking place in the pool.
* **Hot Tub Use**: Please keep noise distraction to a minimum during Physical Therapy sessions and water class session.

TIME	CLASS	INSTRUCTOR	LOCATION	MON	TUE	WED	THUR	FRI	SAT	SUN
9:30 – 10:00 AM	AQUA ZUMBA	CAROLLA	POOL					●		
10:00 – 11:00 AM	AQUA FITNESS	LINDA V.	POOL		●		●			
11:30 – 12:30 PM	AQUA YOGA	DONNA J.	POOL		●					
12:45 – 1:45 PM	4-EVER FIT MT SHASTA REC	JULIE NO MEMBERS	POOL		$			$		
1:00 – 3:00 PM	FAMILY SWIM	PARENT SUPERVISION	POOL							●
2:00 – 3:00 PM	QUIET WATER TIME		POOL	🕊	🕊	🕊	🕊	🕊	🕊	
5:30 – 6:30 PM	AQUA YOGA	DONNA J.	POOL			●				

MT. FITNESS SOUTH CLASS SCHEDULE

TIME	CLASS	INSTRUCTOR	LOCATION	MON	TUE	WED	THUR	FRI	SAT	SUN
6:00 - 7:00 AM	SPIN/CORE CLASS	VICTORIA	SPINROOM	🚲		🚲		🚲		
6:15 – 7:00 AM	SPIN CLASS	JOCETTE	SPINROOM		🚲		🚲			
7:00 – 7:45 AM	SPIN CLASS	VICTORIA	SPINROOM	🚲		🚲		🚲		
8:45 - 9:45 AM	SPIN CLASS	JOCETTE	SPINROOM	🚲		🚲		🚲		
9:00 – 10:00 AM	FUNCTIONAL STRENGTH	LAUREN	THE BOX			●		●		
5:30 – 6:15 PM	SPIN CLASS	JOCETTE	SPINROOM	🚲		🚲				

*Free Childcare Available at the Mountain Fitness South Location: Mon – Fri, 8:30 AM – 10:30 AM