



633 Lassen Lane, Mt. Shasta
530-926-6010
M-F 5am-9pm Sat/Sun 6am-6pm



1630 S. Mt. Shasta Blvd., MS
530-926-3589
M-F 5am-11:00pm, Sa/Su 6am-9pm



778 S. Davis St., Weed
530-938-4105
M-F 5am-9pm, Sat/Sun 6am-6pm



20508 Big Springs Road
Weed, CA 96094
530-938-4439
Open 24 hour-Card Lock

HEALTHY HERALD

JUNE 2011

www.mtshastapt.com



SUMMER ON THE MOUNTAIN for many of us means an increase in outdoor activities such as hiking, biking, paddling, climbing, swimming, and gardening. Mentally we are ready for the outdoors; however, physically we may have muscles that have simply watched too many snowflakes fall all winter. To get in shape for these rigorous activities, start with conditioning your body at an easy pace. No sense in overdoing it your first day out!

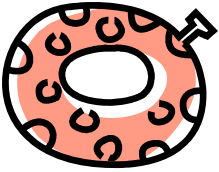
The Wellness Center, Mt. Shasta Fitness, Resolutions Gym, and School Hill have the equipment and classes to start your conditioning – pools for all-over toning (except Resolutions Gym), rowing machines to get shoulder and upper back muscles moving, VersaClimbers for your next ascent (TWC and MSF only), treadmills for tracking the hills, and spinning bikes for leg muscle development. Our Cardio Circuit classes at TWC and SHW can also get you primed for summer fun.

Equally important to toning your body is adapting the fuel your body needs to build muscle. “Adequate calories and nutrients (particularly protein) for your height, weight, and activity level is necessary for muscle growth. Most American get enough protein in their diets.

As for after the workout, research is clear that eating carbs and protein within 30 minutes of your workout will help speed up your recovery time by replenishing glycogen stores and possibly increasing protein synthesis (there is some evidence that eating protein before your workout helps with protein synthesis, too). The guideline is within 30 minutes of completing your workout, eat 0.7-1.2 grams of carbohydrate per kilogram of body weight (0.3-0.6 grams per pound). A large banana has 30 grams of carbohydrates. The guideline for protein is one gram for every 3-4 grams of carbs. Peanut butter has 9 grams of protein per 2 tablespoons. Yogurt is another good source of carbs and protein.” (*Excerpts from WebMD.*)

Of course, increasing your water intake is summertime common sense. Generally, an active person should consume 64 ounces of water daily. If your workout gets you in a sweat, replenish salts and electrolytes with a sports drink.

ATTENTION POOL-USERS



Due to recent repairable (and irreparable) damages to our pool equipment, we will no longer be allowing their use during non-class times. Members are welcome to bring their own CLEAN flotation devices. Our classes use these tools daily, and have been discovering a lot of damage to them. Please note the staff has been advised to remind members of this rule, and to report any non-compliance. Thank you.



QIGONG CLASS

Beginning Wednesday, June 1 at 5:30 p.m. we will be offering a Level I Zhineng Qigong class led by Cindy Lawhon. This class focuses on body/mind awareness and its ability to use qi to improve health. Appropriate for all abilities and levels of fitness.

GO GREEN THIS SUMMER - BUILD YOUR OWN COMPOST PILE!

So often, the obvious solution is right at our fingertips, but it looks so simple that we fail to notice. Generations of gardeners have consistently come up with the same chain of logic: A fertile soil is the key to growing garden vegetables; compost is the key to a fertile soil. The first step in the four-season harvest is learning to make good compost. It's not difficult. Compost wants to happen.

Pick a site near the garden so the finished compost will be close at hand. Whenever possible, place the heap under the branches of a deciduous tree so there will be shade in hot weather and sunlight to thaw the heap in spring. A site near the kitchen makes it convenient to add kitchen scraps. Access to a hose is handy for those times when the heap needs extra moisture. If the site is uphill from the garden, the heavy work of wheel barrowing loads of compost will have gravity on its side.

Build the compost heap by alternating layers of brown ingredients (such as dried grass stems, old cornstalks, dried pea and bean vines, reeds, and old hay) with mostly green ones (young, moist, and fresh materials such as kitchen wastes, grass clippings, fresh pea vines). Begin with a layer of straw about 3 inches deep; then add 1 to 6 inches of green ingredients, another 3 inches of straw, and then more green ingredients. The thickness of the green layer depends on the nature of the materials. Loose, open material such as green bean vines or tomato stems can be applied in a thicker (6-inch) layer, while denser material that might mat together, such as kitchen scraps or grass clippings, should be layered thinly (1 to 2 inches). These thicknesses are a place for you to start, but you will learn to modify them as conditions require.

Sprinkle a thin coverage of soil on top of each green layer. Make the soil 1/2 inch deep or so depending on what type of green material is available. If you have just added a layer of weeds with soil on their roots, you can skip the soil to the compost heap has both a physical and a microbiological effect: physical because certain soil constituents (clay particles and minerals) have been shown to enhance the decomposition of organic matter; microbiological because soil contains millions of microorganisms, which are needed to break down the organic material in the heap. These bacteria, fungi, and other organisms multiply in the warm, moist conditions as decomposition is initiated. If your garden is very sandy or gravelly, you might want to find some clay to add to the heap as the soil layer. As an additional benefit, the clay will improve the balance of soil particle sizes in your garden. (Adapted from *Four-Season Harvest*, by Eliot Coleman.)

MT. SHASTA FITNESS CLASS SCHEDULE

TIME	CLASS	INSTRUCTOR	LOCATION	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.
6:00AM - 7:00AM	SPIN CLASS	VICTORIA	SPINROOM	🚲		🚲		🚲		
7:15AM – 8:15AM	SPIN CLASS	VICTORIA	SPINROOM	🚲		🚲		🚲		
8:45AM - 9:45AM	SPIN CLASS	JOSETTE	SPINROOM	🚲		🚲		🚲	8:30AM	
5:30PM – 6:30PM	SPIN CLASS	VICTORIA	SPINROOM	🚲		🚲				

SCHOOL HILL WELLNESS CLASS SCHEDULE

TIME	CLASS	INSTRUCTOR	LOCATION	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.
6:15 AM – 7:15 AM	SPIN CLASS	PAUL/JILL	CLASSROOM		🚲			🚲		
8:00 AM – 9:00 AM	YOGA	BILL RUST	CLASSROOM	●		●		●		
9:00 AM - 10:00 AM	TRAIL TREKS	ROBERT	OUTSIDE						●	
8:00 AM – 9:00 AM	CARDI-O	BILL RUST	CLASSROOM		●		●			
9:30 AM – 10:30 AM	WATER AEROBICS	ALICE	POOL		●		●			
9:30 AM – 10:30 AM	WATER AEROBICS	MEL	POOL	●		●		●		
3:00 PM – 4:00 PM	QUIET WATER TIME		POOL	🕊	🕊	🕊	🕊	🕊	🕊	
4:00 PM – 5:00 PM	LINE DANCING	SIGI	CLASSROOM	●						
4:00 PM – 5:00 PM	FIT-X	DARREN	CLASSROOM		●		●			
5:30 PM - 6:30 PM	CARDIO CIRCUIT	JEN/DESI	GYM		●		●			
5:30 PM – 6:30 PM	SPIN CLASS	MAUREEN/JILL	CLASSROOM	🚲		🚲				
5:30 PM – 6:30 PM	HEART THROBS	AUDRA	POOL		●		●			
6:45 PM – 7:45 PM	BALLROOM DANCING	RICK AND PEGGY	CLASSROOM			●				

MEMBERSHIP DRIVE

Get a new member to sign up and you will receive one month single membership FREE for every membership account you bring.
Help us grow our membership and save money at the same time!

THE WELLNESS CENTER CLASS SCHEDULE

TIME	CLASS	INSTRUCTOR	LOCATION	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.
6:15 AM – 7:15 AM	BOOT CAMP	VICTORIA	CLASSROOM		●		●			
6:15 AM – 7:15 AM	FIT-U	LINDA V	GYM	●		●				
7:30 AM – 9:00 AM	YOGA	DEBBIE/LYNN	CLASSROOM	●		●		●		
7:30 AM – 8:15 AM	FLEXIBILITY TRAINING	VICTORIA	CLASSROOM		●		●			
8:30 AM - 9:45 AM	BODY SCULPT	ANGIE	CLASSROOM		●		●			
8:30 AM – 9:30 AM	KICK-BOX & SCULPT	LESA	CLASSROOM						●	
9:00 AM – 9:30 AM	MEDITATION	DEBBIE	CLASSROOM					●		
10:00 AM - 11:00 AM	VINYASA YOGA	MOLLY	CLASSROOM		●		●			
10:00 AM - 11:00 AM	PILATES 1	KAREE SANDRA JACKIE	CLASSROOM	●		●		●		
11:00 AM – NOON	PILATES 2	SANDRA	CLASSROOM		●		●			
10:30 AM - 12:00 PM	VINYASA YOGA	MOLLY	CLASSROOM						●	
12:30 PM – 1:30 PM	NEW YOU	NATALIE LINDA V	CLASSROOM				●			
1:00 PM – 2:00 PM	PILATES 2	SANDRA	CLASSROOM	●		●				
2:00 PM – 3:30 PM	YOGA	SAHADEV	CLASSROOM		●		●			
4:00 PM – 5:00 PM	YOGA	JAN	CLASSROOM	●	●	●	●			
5:30 PM – 7:00 PM	CARDIO CIRCUIT	ANGELA	GYM		●		●			
5:30 PM – 6:30 PM	BELLYDANCE	DEONESEA	CLASSROOM	●						
5:30 PM – 6:30 PM	QIGONG	CINDY	CLASSROOM			●				
5:30 PM - 6:30 PM	KICKBOXING	ERICA/DEE	CLASSROOM		●		●			
6:30 PM – 7:30 PM	ZUMBA	WISPER	CLASSROOM	●		●				
6:45 PM - 7:45 PM	BALLROOM DANCING	RICK/PEGGY	CLASSROOM				●			

THE WELLNESS CENTER WATER CLASS SCHEDULE

TIME	CLASS	INSTRUCTOR	POOL	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.
11:00 AM – 12:00 PM	LOW INTENSITY AQUA	OTILIA		●		●		●		
NOON – 2:00 PM	FAMILY SWIM		POOL							●
12:30 PM - 1:30 PM	H2O CLASS	JULIE	POOL	●		●		●		
2:00 PM – 3:00 PM	QUIET WATER TIME		POOL	☯	☯	☯	☯	☯	☯	
5:30 PM – 6:30 PM	LIQUID ENDURANCE	JULIE	POOL	●		●		●		