



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-11pm, Sat/Sun 6am-9pm



778 S. Davis St., Weed
530-938-4105
M-F 7am-8pm, Sat/Sun 8am-4pm



20508 Big Springs Rd., Weed
530-938-4439
Open 24 hours - Card Lock

HEALTHY HERALD



OCTOBER 2011

www.mtshastapt.com

ARE TAKING PRESCRIPTION DRUGS RIGHT FOR YOU?

■ **If you experience a change that doesn't feel right tell your doctor.**

Ask if the symptom could be a drug side effect. It may be an expected effect that will wear off soon. But it also may signal a serious medical problem.

■ **If you're taking several drugs, ask your doctor or pharmacist to review them.**

Ask if there can be interaction problems with your drugs, and even vitamins and supplements. Consider seeing a certified consultant pharmacist trained in managing a number of drugs, usually for a fee. If you're in a Medicare Advantage health plan, ask if you qualify for its medications therapy management service.

■ **Ask if there are lifestyle changes you can make instead of taking a drug.**

Very often patients with chronic conditions such as diabetes can minimize side effects or avoid drugs altogether by losing weight, exercising more and stopping smoking. Think beyond drugs and discuss other methods of treatment/exercise, physical therapy and diet changes that can improve many conditions, including high blood pressure and diabetes.

■ **Ask to be prescribed drugs that have been on the market for at least seven years.**

It often takes five to ten years for serious side effects of a new drug to show up on the general population. Some reactions surface only after the patients have been on the drug for a year or more.

■ **Ask why the doctor is prescribing a particular drug.**

Find out what the risks and benefits are, compared to the alternative drugs.

■ **Don't stop taking a drug without consulting your doctor.**

Suddenly stopping some drugs can be harmful.

■ **Review your medications online.**

Use AARP's Drug Interaction Checker at aarp.org/health/health_tools/.

Billing Statements

With the installment of our new fitness center program, many issues have complicated our effectiveness to send out the bills correctly and timely. We are correcting these issues as they arise, however we are still hearing from our members that they have not received bills and therefore did not pay their monthly dues. While we understand the bills are a very helpful reminder of the dues owed, it is just that, a reminder. If you do not receive a bill, please pay your bill anyway with a note stating you did not get a bill. We will hopefully correct it the next month.

Thank you

Contemporary Brazilian & Improvisation Dance with Anallia

Love to Dance? Unwind & get in shape while dancing to sensual Samba, hot Afro-Brazilian and World music, as the primal beats awakens your body's rhythms, calling forth your "authentic essence". Finish with a harmonizing Quartz Crystal Bowl meditation . . .

A native of Brazil, Anallia blends her roots with fun improvisation creating a class designed for a wide range of experience from the more mature woman who loves to dance, to the novice desiring fitness in a fun way, or the trained dancer broadening her horizon.

Wednesdays: Wellness Center at 5:15-6:30 pm and Thursdays: School Hill Wellness at 5:15-6:30pm

Call Anallia at (561) 839-6414 to reserve your spot and more info **\$10 per class**

MEMBER SPECIAL

FOR THE MONTH OF OCTOBER ONLY WE ARE OFFERING NEW MEMBERS TO JOIN OUR FACILITY WITHOUT PAYING ANY JOINING FEES! ALSO, IF YOU, AS A MEMBER, REFER SOMEONE WHO JOINS OUR FACILITY WE WILL GIVE YOU ONE MONTH'S MEMBERSHIP (UP TO \$40.00 PER NEW MEMBER). THIS IS A GREAT TIME TO TELL YOUR FRIENDS, NEIGHBORS, AND RELATIVES ABOUT OUR FACILITIES.



Going On Vacation?

If you wish to put your membership on hold, be sure to let us know by the 25th of the month. Otherwise you will be charged for a full month's membership instead of just \$10.00 (hold fee).

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MT. SHASTA FITNESS CLASS SCHEDULE

TIME	CLASS	INSTRUCTOR	LOCATION	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.
6:00 AM-6:45 AM	FIT-U	LINDAV	GYM	●		●		●		
6:00 AM - 7:00 AM	SPIN CLASS	VICTORIA	SPINROOM	🚲		🚲		🚲		
7:15 AM – 8:15 AM	SPIN CLASS	VICTORIA	SPINROOM	🚲		🚲		🚲		
8:45 AM - 9:45 AM	SPIN CLASS	JOGETTE	SPINROOM	🚲		🚲		🚲	8:30AM	
5:30 PM – 6:30 PM	SPIN CLASS	VICTORIA	SPINROOM	🚲		🚲				
6:15 PM – 7:00 PM	TEEN SPIN	ASHLEY	SPINROOM		🚲		🚲			

SCHOOL HILL WELLNESS CLASS SCHEDULE

TIME	CLASS	INSTRUCTOR	LOCATION	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.
8:00 AM – 9:00 AM	YOGA	BILL RUST	CLASSROOM	●		●		●		
8:30 AM – 9:30 AM	ALL LEVELS YOGA	STEPHEN	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	●						
5:15PM – 6:30PM	BRAZILLIAN DANCE	ANALLIA	CLASSROOM				●			
5:30 PM - 6:30 PM	CARDIO CIRCUIT	LINDAV	GYM	●		●				
5:30 PM – 6:30 PM	SPIN CLASS	JILL	CLASSROOM	🚲		🚲				
5:30 PM - 6:30 PM	HEART THROB	AUDRA	POOL		●		●			
6:45 PM – 7:45 PM	BALLROOM DANCING	RICK AND PEGGY	CLASSROOM			●				

THE WELLNESS CENTER WATER CLASS SCHEDULE

TIME	CLASS	INSTRUCTOR	LOCATION	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.
10:45 AM-12:00 PM	COS ADAPTIVE PE	ANGELA	POOL		●		●			
11:00 AM –12:00 PM	LOW INTENSITY AQUA	LINDA V.	POOL	●		●		●		
NOON – 2:00 PM	FAMILY SWIM		POOL							●
12:30 PM - 1:30 PM	CUSTOM H2O CONDITIONING CLASS	JULIE ANGELA	POOL	●		●		●		
2:00 PM – 3:00 PM	QUIET WATER TIME		POOL	☺	☺	☺	☺	☺	☺	
5:30 PM – 6:30 PM	LIQUID ENDURANCE	JULIE	POOL	●		●		●		

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		●		●			
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						●	
10:00 AM - 11:00 AM	PILATES 1	KAREE SANDRA LINDA V	CLASSROOM	●		●		●		
10:00 AM - 11:00 AM	VINYASA YOGA	STEVEN	CLASSROOM		●		●			
11:00 AM – NOON	TAI-CHI	MELISSA	CLASSROOM	●		●		●		
11:00 AM – NOON	PILATES 2	SANDRA	CLASSROOM		●		●			
1:00 PM – 2:00 PM	PILATES 2	SANDRA	CLASSROOM	●		●				
2:00 PM – 3:15 PM	YOGA	SAHADEV	CLASSROOM		●		●			
4:00 PM – 5:00 PM	YOGA	JAN	CLASSROOM	●		●				
5:30 PM – 7:00 PM	CARDIO CIRCUIT	ANGELA	GYM		●		●			
5:15PM – 6:30PM	BRAZZILIAN DANCE	ANALLIA	CLASSROOM			●				
5:30 PM – 6:30 PM	KICKBOXING/ SCULPTING	LESA	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				●			
6:45 PM - 7:45 PM	LATIN DANCING	RICK/PEGGY	CLASSROOM		●					