

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-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?

October is Breast Cancer Awareness month.



Awareness is good, action is better. We all want to help, but some charities only donate a small amount of contributions to breast cancer causes. Ensure that pink purchases are donating at least 10% to charity. Charity Navigator is a great resource for the best non-profits. Here's a few:

- AiRS Foundation: for underserved patients to receive reconstructive surgery after mastectomies.
- Thriving Beyond Breast Cancer: Charity that helps to educate/ uplift women ages 21-40 with breast cancer.
- Metavivor: 100% of funds go to Metastatic breast cancer research.
- Breast Cancer Research Foundation: Funds promising breast cancer research and supports advocacy campaigns.
- National Breast Cancer Coalition: Advocates, scientists, community stakeholders focused on ending breast cancer through clinical studies, research, and advocacy efforts.
- For the Breast of Us: Community dedicated to empowering women of color affected by breast cancer. Provides resources, support, and hope.

We can help move beyond only awareness to actual help and support for those living with or facing breast cancer.

Veronica's Power Yoga Class: Time Change

Please note on the class schedule that Veronica's Power Yoga class will be starting at 5:00pm (instead of 5:30) and going until 6:15pm on Thursdays. Also,

power yoga on Sundays has been cancelled.

Halloween Costume Contest at Lassen Location



Spooky Fun: Best Halloween Costume can earn you two extra guest passes! Costumes will be judged Thursday, October 31st, at 12 noon at 633 Lassen Ln., Mt. Shasta, CA. How scary can you be?

Future Plans: Weight Room Makeover!

Get ready for a new look in the weight room at the South facility! We will be putting on a fresh coat of paint in the weight room soon. We hope you will be happy with the new look. The weight room will remain open during the renovations.

Extended Hours at South Facility in 2025

Our future plans also include more access to the gym for members. We'll be updating the South facility by adding a key-card access system, allowing for an earlier open and later close time. Stay tuned for more details on this exciting change!

Classes Cancelled October 18-20 at South

Classes at the South facility will be cancelled 10/18 – 10/20 in order to reseal the hardwood floors. This is a routine process for natural hardwood flooring to keep them in the best shape possible for the long run. Please bear with us (and the smell) until classes resume.

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.