



July 2026 News

Find Us, Friend Us
& Stay Inspired!



@MountainFitnessCA

www.mountainfitnessca.com

LOCATIONS AND HOURS

MOUNTAIN FITNESS – Wellness Center | 633 Lassen Lane, Mt. Shasta | 926.6010
6:00am – 8:00 pm Mon-Fri 9:00am – 5:00pm Sat & Sun

MOUNTAIN FITNESS – South | 1630 S. Mt Shasta Blvd., Mt Shasta | 926.3589
6:00am – 9:00pm Mon-Fri 8:00am – 8:00pm Sat & Sun

Extended access is available to members only at South 4am-12am/7days a week. See front desk for new scan tag if you would like door access

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

What's New at Mountain Fitness

SAUNA EXPANSION PROJECT – We expect our new sauna at the South Facility to be open on July 13!

It's almost done and looks FABULOUS! Thank you to Ian Perry Construction! Also attached to the sauna is a new beautiful shower. This shower is for rinse only. No soap allowed.

NEW ITEMS COMING!! We have recently purchased a RED LIGHT THERAPY BED as well as two commercial grade massage chairs. Our on-site massage therapist has left and the massage chairs will go in that space. The Red Light Bed will replace the tanning bed. We will be offering a premium membership to the first 50 people who sign up. The premium membership will include unlimited use of the red light bed and massage chairs along with their membership. If interested in getting on the list, sign up at Mountain Fitness South. These items will arrive in about 6-8 weeks.

WELLNESS CENTER SAUNA – Unfortunately, there is no real news to report on the Wellness Center Sauna. We are still getting the run around from Dignity Health about completion. All I know is that it will be done some day, however the timeline is out of our control.

WE ARE CLOSED ON JULY 4

HAPPY 4TH OF JULY

After Hour Access/South is Open as well as Shastina

