



www.mountainfitnessca.com

August 2026 News

Find Us, Friend Us
& Stay Inspired!



@MountainFitnessCA

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

LINDA V – For those of you that don't know, Linda V our Wellness Center Manager, took a spill and broker her hip on the 4th of July. She is greatly missed by everyone and we look forward to her return hopefully late August.

NEW ITEMS COMING!! We have recently purchased a MEDICAL GRADE RED LIGHT THERAPY BED as well as two COMMERCIAL GRADE MASSAGE CHAIRS for the South Facility. The Red Light Bed will replace the tanning bed.

PREMIUM MEMBERSHIP – We are offering early sign-ups for the upcoming Premium Membership. The Membership will include 3 sessions per week of Red Light Therapy, Unlimited Massage Chair Use, Priority Signup for scheduling of the Red Light Bed and of course your gym membership. Price will be \$165 per month with a minimum 3 month commitment. Based on number or scheduled time slots we will have available for the Red Light Bed, we are only accepting 50 Premium Members. So reserve your spot ahead of time at the MF South front desk.

CLASS CHANGES - Tuesday and Thursday 10am Spin Class will be cancelled do to low attendance. Karla will be instructing the Monday evening spin class.

WEIGHT ROOM CHANGES – We are moving the leg equipment down to the BOX, this will be the new dedicated leg room. We will be brining in more dumbells into the weight room in the near future.

