



www.mountainfitnessca.com

October 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

WELLNESS CENTER CHANGES – We are rebranding the Wellness Center to the New Senior Fitness Center. We have some new equipment coming and will also be renting out additional space at that facility to make room for more senior fitness classes. This should all be coming late October.

MASSAGE CHAIRS HAVE ARRIVED! \$15 FOR MEMBERS PER MASSAGE. Come try it out!
The Red Light Bed should arrive in early October.

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 - MORE AQUA CLASSES HAVE BEEN ADDED. Classes 5 days per week now.

NEW MANAGERS – Dale (Manager) & Jim (Asst. Manager) have been rocking it with all the great new changes at the South Gym. They have done a fantastic job making the gym more functional and safe.

NEW EQUIPMENT – Smith Machine is coming for the box as well as a new multi gym for the Lassen Ln.

