



May 2026 News

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& 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

WELLNESS CENTER – The Wellness Center has re-opened however the sauna at that facility needs be rebuilt. Plans are in the works but we do not have a timeline for completion.

SAUNA EXPANSION PROJECT – The new sauna expansion project will begin June 1st at the South Gym. The pool room at the South gym will be closed for approximately 4-5 weeks while under construction.

BATHROOM REPAIRS – The men’s shower will be closed for approximately 3-4 days beginning June 1 for repairs to the shower floor. During this time we will also be doing painting in the locker rooms. The men’s locker room dressing area will remain open and the entire woman’s locker room will remain open.

CLASS CHANGES – Early morning Spin Class will begin at 6:15am Mon-Thurs
Bliss’s Yoga Class has moved time to 11:30am – 1:00pm Tues & Thurs
Tai Chi Gona will be back at Shastice Park unless raining – Same Time

NEW STAFFED HOURS @ SOUTH – 6:00am – 9pm Mon-Fri 8:00am – 8:00pm Sat & Sun

NEW PROJECTS – You may see Kari floating around doing deep cleaning and painting at South 😊😊

**THANK YOU MEMBERS FOR YOUR CONTINUED SUPPORT AND PATIENCE
DURING THE WELLNESS CENTER CLOSURE!**

