MOUNTAIN FITNESS

www.mountainfitnessca.com

November 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 and creating space for additional senior fitness classes. Some of the equipment will be removed and re-moved and replaced with a new 4 station multi gym as a space saver. Please be patient with the changes as there will be some down-time while we replace the equipment and re-arrange.

MASSAGE CHAIRS - Many of you have enjoyed the new massage chairs this past month. We have put together package pricing for you to continue enjoying them.

RED LIGHT THERAPY BED – We are still waiting on our Red Light Bed which continues to be delayed. It should be coming soon!

CLASS CHANGES - MORE AQUA CLASSES HAVE BEEN ADDED. Classes 5 days per week now. More Senior fitness classes are now being offered at Lassen Lane. All Senior Classes are now at Lassen Lane

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HOLIDAY HOURS - Thanksgiving Day - Closed
Christmas Eve – Close at 3 pm
Chistmas Day – Closed
New Years Day – Closed

AFTER HOUR ACCESS IS OPEN EVERYDAY!

WINTER – A reminder that we will try to be open during heavy snow days but there may be times when we need to close for the safety of our employees and members. Please be careful of ICE in the parking lots.