



www.mountainfitnessca.com

February 2026 News

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@MountainFitnessCA

LOCATIONS AND HOURS

MOUNTAIN FITNESS – Wellness Center | 633 Lassen Lane, Mt. Shasta | 926.6010

TEMPORARILY CLOSED

MOUNTAIN FITNESS – South | 1630 S. Mt Shasta Blvd., Mt Shasta | 926.3589

5:30 am – 10pm Mon-Fri 7:30am – 10 pm 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

MENS SHOWER IN LOCKER-ROOM - The men's shower floor has failed and we will need to close the men's shower for 7 days sometime soon for a complete tear-out and re-do. We are trying to hold off until the Wellness Center re-opens. However, if it gets worse, the closure will need to be moved up.

PLAN FOR SAUNA EXPANSION – We are starting the process of expanding and remodeling the Sauna at MF South. This will triple the size of the sauna. We will also repair the broken shower in the pool room. We are shooting to complete this project in April.

WELLNESS CENTER – We have been informed that a contract is in place for the repairs at the Wellness Center and work should be starting soon. However, they have not given us an updated timeline. All updates will be posted at the gym and on our Facebook Page.

THANK YOU FOR YOUR PATIENCE! – I want to personally thank all of our members for their patience with the situation of the Wellness Closure. It's been very busy at the South Gym with consolidating the two gyms and the first of the year push. Over all, things seem to be going smooth and members are transitioning well to the change. THANK YOU!

