



www.mountainfitnessca.com

September 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 – SHE'S BACK!!!! We are all so happy Linda V. has recovered from her broken hip to return to the Wellness Center.

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.
In addition, a new set of dumbbells and benches are coming to the weight room and a new Smith Machine will be added to the leg room.

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 Zumba Class will be replaced with Tuesday Spin @ 5:30 pm
Thursday Zumba will remain in place with JoAnne.
NEW EVENING SPIN CLASS – Tuesday @ 5:30

DUES INCREASE – Effective October 1, 2026, dues will increase \$5 per member, \$8 per couple, and \$10 per family. The increase is necessary due to mandatory wage increases and rising power and gas bills. We have not had an increase since Jan 1, 2023 and business costs have dramatically increased since then.