

MOUNTAIN FITNESS – Wellness Center | 633 Lassen Lane, MS | 926.6010 | M-F 6am-8pm | S/Sun 9am-5pm

MOUNTAIN FITNESS – South | 1630 S. Mt Shasta Blvd. | 926.3589 | M-Fri 5am-9pm | S/Sun 8am-7pm

MOUNTAIN FITNESS – Shastina | 20508 Big Springs Rd Weed | Open 24 hours – Card Lock

What's New at Mountain Fitness

Meaningful Social Connections and Mental Health



Fitness isn't just about looking good in the mirror; our overall well being includes many other factors, as well. Having a meaningful social life actually has a major impact on our mental and overall health. Whether you're an introvert, extrovert, or somewhere in between, having meaningful connections and a sense of belonging is essential for our mental health. We are social creatures, and we are more alike than we are different. As humans, there is more that bonds us together than separates us, even if we have a variety of opinions, backgrounds, beliefs and ways of life. Did you know that one of the causes of mental decline in old age is lack of community? While this is a sad fact, there are many things we can do to either help others who might be in isolation or work on our own social skills to build meaningful connections. One thing you can do is reach out. Reach out to someone who you think might need a friend, or a hand. Or if you need a friend or a hand, reaching out and allowing someone to help can be a good start for you. The gym is a place where community can blossom and where many people have a chance to socialize, whether intentionally or not. We share the space with each other, so let's remember how important it is that we offer kindness to one another and recognize the connection between connection and our health.

Construction on Bathrooms at Wellness Center

You'll see at the Wellness Center, that access to the locker rooms will be limited while the showers are receiving some much needed renovations. The

construction plans are staggered one locker room at a time. First, the women's locker room will be under construction for several weeks starting this month and after that is finished, the men's locker room will be next. Please be aware that during the time of renovations, toilets will be available, but there will not be any access to the showers in the locker room that is being renovated. Members, please prepare ahead of time by planning a shower elsewhere like at home or at our South facility.

Extended Hours at South Facility

We are in the initiatory stage of offering extended hours at the South facility. Once we have the system in place and all the kinks worked out, members who sign up for the new scan tag will be able to take advantage of our extended hours which are from 4am-12am, 7 days a week! Staff will be available according to our current hours, 5am-9pm, Mon-Fri and 8am-7pm, Sat-Sun. During the unstaffed hours, access to the gym will be limited to the weight room, locker rooms, cardio room and the box. The classroom, pool, and sauna will be off limits unless the gym is staffed.

New Scan Tag System

If you are interested in using the gym for the period of extended hours, you will need to pick up a new scan tag and sign a new membership agreement with a staff member at the front desk. We will have the tags and agreement ready to go by the middle of this month.

Leave Us A Good Review!

One way to show your love and appreciation for your favorite local gym is with an online review. If you leave us a good review on google, yelp or any online platform, we are, for a limited time, giving you back any used guest passes for this year. Just show proof of your review at the front desk.