



www.mountainfitnessca.com

December 2025 News

Find Us, Friend Us
& Stay Inspired!



@MountainFitnessCA

LOCATIONS AND HOURS

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

M-F 6am-8pm | S/Sun 9am-5pm

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

7:30 am – 8 pm 7 days a week

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

Merry Christmas and Thank You for your Support!

What's New at Mountain Fitness

HOLIDAY HOURS: Christmas Eve Closing at 4 pm – Closed Christmas Day – Closed New Years Day
after hour access at South open 4 am – midnight everyday – Shastina open 24/7

SPIN CLASS – The class is growing tremendously with the purchase of the new bikes. A new class will be added in January on Tuesday and Thursday @ 10 am. We are also considering adding an evening class (TBD)

ONLINE PAYMENTS – We have added a secure online payment method to our website. You can now go to the payment tab @ www.mountainfitnessca.com to pay your membership dues.

ATTENDANCE – Winter always brings an increase in members using the facilities. Please be courteous to other members and follow the Code of Conduct. If you have any questions or issues, please see the front desk.

REMINDERS:

Winter can bring power outages and major snow storms. Please keep in mind that our after hours door access will not work if we have a power or internet outage. There may also be times that our staff cannot get to work during major storms and the office and or gym will be closed.

