



www.mountainfitnessca.com

November 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

CLOSED THANKSGIVING DAY – AFTER HOURS ACCESS AND SHASTINA OPEN

What's New at Mountain Fitness

NEW HOURS – Beginning Nov. 1 (Staffed Hours) 7:30 am – 8 pm 7 Days a Week

@ South Gym Only – Hours with Key Fob Access 4 am – Midnight 7 Days a Week

NEW SPIN BIKES ARE HERE!! Spin classes Monday – Thursday 6:15-7:00am. More classes to come in January! This is a fun All Levels Class. Come get your day started right!

NEW BASIC YOGA CLASS – Now on Mondays 9:45-10:45 AM (Iyengar Style with Sandi)

TUESDAY YOGA with Sandi @ 8:00 am is now a level 1-2 class and **THURSDAY AND SATURDAY YOGA** with Sandi is All Levels. Sandi teaches Iyengar Yoga which is alignment based. Props are used and this class is available and doable for all body types and conditions.

ZUMBA NOW ON TUESDAYS & THURSDAYS! Joanne has graciously offered to teach on Thursdays.

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.

