



April 2026 News

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@MountainFitnessCA

LOCATIONS AND HOURS

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

TEMPORARILY CLOSED-Re-opens May 1

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

WELLNESS CENTER – Re-open date is set for May 1, however that date is subject to change if there are delays. The sauna at the Wellness Center will not open until a later date because the repairs in that area were extensive and more time is needed.

SAUNA EXPANSION PROJECT – The new sauna expansion project will begin June 1st. The pool room at the South gym will be closed for approximately 3-4 weeks while under construction. Do to the extended sauna closure at The Wellness Center and our new sauna project at the South Gym, there will be no sauna for approximately 4-6 weeks beginning June 1.

BATHROOM REPAIRS – The men’s shower will be closed for approximately 3-4 days beginning June 1 for repairs to the shower floor. During this time we will also be doing painting in the locker rooms. The men’s locker room dressing area will remain open and the entire woman’s locker room will remain open.

NEW SPIN CLASS ADDED – Due to popular demand, a new evening spin class will be added in April. Please come check it out Monday evenings from 6:45-7:30 pm.

STAFFED HOURS TO CHANGE – When the Wellness Center re-opens, the South Gym will be changing staffed hours as follows: 6am – 9 pm Mon-Fri / 8am-8pm Sat-Sun. After Hour Access will remain.

THANK YOU MEMBERS FOR YOUR CONTINUED SUPPORT DURING OUR WELLNESS CENTER CLOSURE. IT'S LOOKING LIKE THING S WILL BE BACK TO NORMAL SOON!

