



www.mountainfitnessca.com

March 2026 News

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@MountainFitnessCA

LOCATIONS AND HOURS

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

TEMPORARILY CLOSED

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

MENS SHOWER IN LOCKER-ROOM – We have closed the right side shower in the men's locker room because of the failed shower floor. Shower repairs will be made during the same time we do the sauna remodel because we also will need to close the pool during this time. Shower repairs will take about 1 week.

Please limit shower times to a minimum and please dry off before exiting the shower.

SAUNA EXPANSION PROJECT – We are happy to report that plans have been approved by the city and we have selected a contractor for the sauna remodel. We have moved the start date to around the end of May in hopes that the Wellness Center will be re-opened by that time.

WELLNESS CENTER – Our landlord, Dignity Health has informed us that the work started for mold remediation in early February. We do not have a re-open date at this time but are anticipating late April.

CANDY COUNT CONTEST – Our great Linda V is putting together a candy count contest for St. Patrick's Day! Keep your eye out for entry and great prizes!

ICE & SNOW – Please be aware of Ice in the parking lot after snowfall. We de-ice the walkways but cannot de-ice the entire parking lot. The back parking lot is flat, therefore safer to park on icy days.

