



[www.mountainfitnessca.com](http://www.mountainfitnessca.com)

# March 2025 Newsletter

Find Us, Friend Us  
& Stay Inspired!



@MountainFitnessCA

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 |

Extended access is available to members only at South 4am-12am/7days a week. See front desk for new scan tag

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

## What's New at Mountain Fitness

### Hello, Spring!

Spring back into your workout routine! Freshen up your exercise regimen. Clean out the cobwebs and stagnancy of winter, and get your butt moving! We have so many ways you can get the giddy up back in your step and freshen up your energy to work towards the best version of YOU! Explore strength training with our wide range of free weights and machines. Check out our class schedule to see if there's a movement style—from yoga to Zumba—that suits your fancy. Try out our analog cardio equipment like the assault bike or our analog treadmill to get instant feedback, and break a sweat by moving your own gears (we have plenty of traditional cardio equipment too). Get in a couple laps in our lap pool (sign up for a lane at the front desk), and follow it up with hot sauna session. Relax in our therapy pool and spa at the Wellness Center, or join in with the aqua aerobics class. The only limit to your fitness is your imagination. If you need a little help along the way, reach out to one of our personal trainers to get your one-time free orientation offered to all members. You can find your personal trainer on our website at [www.mountainfitnessca.com](http://www.mountainfitnessca.com).

### Construction on Bathrooms at Wellness Center

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. The women's locker room is finished, and the men's should be finished this month. Members using the Wellness Center, please prepare ahead of time by planning a shower elsewhere like at home or at our South facility.

### Extended Hours at South Facility

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. All members who wish to use our Shastina location will need to get a new scan tag as we are switching over the keycard lock system at that location. Give us a call at 530-926-3589 if you have any questions about updating your scan tag.

### 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 the year. Just show proof of your review at the front desk.