

Mind & Muscle's Gym Rules

1. Treat everyone with respect and kindness. Not everyone who comes here will be an expert. Help them, encourage them- do not berate/belittle.
2. Do not let anyone in the door. Everyone must swipe in.
3. Use of Mind & Muscle is at your own discretion. Mind & Muscle is not responsible for any injuries that may occur, or any items that are lost/stolen.
4. It's your sweat, wipe it up. Sanitize all equipment when you're done using it. This also applies to the cardio area, stretching corner, and locker rooms.
5. You use it, you put it away.
6. Use equipment as designed.
7. Don't occupy more than one piece of equipment at a time. It is a small space- be respectful of others.
8. Lockers do not lock. You may use your own lock, but if it is left on it will be cut off.
9. No bags on the gym floor. Leave bags and personal belongings in the locker room.
10. No filming or pictures while on the gym floor or in the restrooms/locker rooms.
11. Gym clothes only. Shirts on while on the gym floor/cardio/stretching areas. No boots or work clothes on the mats or equipment.
12. Out of respect for others, please wear headphones. Members may connect into the Wi-Fi.
13. No babies, toddlers, or dogs..... No member under the age of 16 on the gym floor without an adult.*
14. Mind & Muscle shares space with Strait Karate. Unless you are a student of Strait Karate, stay out of their side of the building unless going to the office. If karate classes are in session, please be respectful.
15. Rules are non-negotiable. There are cameras and they will be reviewed. If violations are repeated, you will be kicked out and banned from Mind & Muscle.