

GYM & FITNESS CENTER POLICY

The Muslim Community Center (MCC) maintains a full court basketball gym and a fitness center which contains weights, nautilus machines, cardio and other fitness equipment. In order to maintain your membership or guest privileges, we require all members and guests to adhere to the policies below:

- Respect the rights and dignity of others. Behave in a mature and responsible manner.
- Each person must check in at the front desk prior to entering the gym or fitness center.
- Children fourteen (14) years of age and younger must be signed in and closely supervised in the gym by an adult (18 years or older) and shall not disrupt the play of others.
- Anyone under sixteen (16) years of age is not permitted to use the fitness center (weights, machines or other fitness center equipment).
- The gym and fitness center are for the use of MCC members or individuals who have paid \$5 as a guest.
- All equipment and machines shall be used on a first com first serve basis.
- Appropriate attire must be worn when using the fitness center and machines.
 - Men: Knee-high shorts, t-shirt, sweatpants, etc.
 - Women: Shorts, t-shirt, sweatpants (No revealing clothing)
 - Boots, dress shoes, heels and open toe shoes aren't allowed
- No food or drinks are allowed in the fitness center or while using the machines. Properly capped water bottles, Gatorade, etc. may be used.
- Only the equipment purchased and maintained by the MCC is authorized for use in the Fitness Center. Personal exercise equipment may not be used or stored in the Fitness Center.
- Given the inherent risk of illness and/or injury with any exercise program, regimen, or activity, members should and are responsible for consulting and confirming with their personal physician that they are physically qualified and able to engage in exercise prior to using the Fitness Center.
- Members afflicted with or being treated for any medical condition which may be affected or exacerbated by exercise are prohibited from using the Fitness Center.
- The MCC shall not be liable for any injury or illness incurred by any member who violates this prohibition, or any other member who uses the Fitness Center; as such use shall be entirely at that members discretion.
- The MCC does not endorse any equipment, programs, or techniques with regard to physical fitness and exercise. The conduct or adoption of any program of development or exercise is exclusively at the discretion of the individual member, in consultation with their personal physician.
- Sign up is required for all activities being offered either online or at the front desk. Additionally, scheduled activities may be changed or cancelled at the discretion of the MCC management.

- No individual under the influence or possession of any drugs or alcohol will be permitted to enter.
- All members and guests must avoid:
 - Angry or vulgar language including swearing, name-calling or shouting.
 - Intentional physical contact with another person in an angry, threatening, or inappropriate manner.
 - Harassment or intimidation by words, gestures, body language, or any other menacing behavior.
 - Behavior that results in damage or destruction of equipment and property.
 - Use of cell phones with cameras or any other recording devices are prohibited in all bathrooms, locker rooms, changing areas and during lady's fitness activities.
- The MCC and its staff have the sole authority to deny or revoke entry, services or participation of any individual or group of individuals who are in violation of this code of conduct.