

MCC Gym & Fitness Center Policy

The Muslim Community Center (MCC) maintains a full court basketball gym and a fitness center containing weights, nautilus machines, cardio equipment, and other fitness equipment. To maintain membership privileges, all members and their approved guests must adhere to the following policies.

General Conduct

Members and guests are expected to respect the rights and dignity of others and always behave in a mature and responsible manner.

The MCC and its staff reserve the right to deny, remove, or revoke entry, services, or participation of any individual or group that violates these policies or engages in inappropriate conduct.

The following behavior is strictly prohibited:

- 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 through words, gestures, body language, or other menacing behavior
- Behavior that results in damage or destruction of equipment or property
- Entering the facility while under the influence or in possession of drugs or alcohol

Smoking and vaping are strictly prohibited anywhere on MCC premises, including the parking lot.

Facility Access

All members and guests must check in at the front desk prior to entering the gym or fitness center.

The gym and fitness center are reserved for MCC members. A paying member may bring one guest, but the member must always remain present with their guest and is responsible for the conduct of their guest while on the MCC premises.

All equipment and machines are available on a first-come, first-served basis.

Only equipment purchased and maintained by MCC is permitted for use in the fitness center. Personal exercise equipment may not be used or stored in the facility.

MCC management reserves the right to modify, cancel or adjust scheduled activities as needed.

Age Requirements

Children 14 years of age and younger must be signed in and closely supervised in the gym by an adult 18 years of age or older and must not disrupt the play or use of others.

Fitness Center (Weights & Exercise Equipment):

- Individuals 18 years of age or older may use the fitness center independently.
- Youth ages 14–17 may use the fitness center only when supervised by an adult (18 years or older) who is an MCC member.
- Individuals under 14 years of age are not permitted to use the fitness center equipment, including weights, machines, or cardio equipment.

Attire Requirements

Appropriate attire must be always worn when using the gym or fitness center.

Examples of acceptable attire include:

Men

- Knee-length shorts
- T-shirts
- Sweatpants or athletic wear

Women

- Modest athletic wear
- Clothing that is not tight, revealing, or inappropriate

Boots, dress shoes, heels, and open-toe shoes are not permitted.

Because the gym shares the parking lot with the mosque, a conservative dress code is required when entering or leaving the facility. Clothing that is revealing, excessively tight, or otherwise inappropriate for a family-oriented community facility connected to the mosque is not permitted. Tank tops, being shirtless, short shorts, and similar attire are not allowed.

Food and Beverage

Food and drinks are not permitted in the gym or fitness center.

Properly capped water bottles, sports drinks (such as Gatorade), or similar beverages may be used.

Equipment Use and Cleanliness

Members and guests are expected to use all equipment responsibly and with care.

- Equipment must be returned to its designated location after use.
- Free weights and plates must be re-racked after use.
- Members should wipe down equipment after use when cleaning supplies are available.

- Members must avoid misuse or negligent use of equipment that could cause damage or injury.

Any damage to equipment or facility property must be reported to MCC staff immediately.

Health, Liability, and Assumption of Risk

Exercise and physical activity carry inherent risks of injury or illness. Members are responsible for consulting with their personal physician to confirm that they are physically able to participate in exercise before using the fitness center.

Members who are afflicted with or are being treated for any medical condition that may be affected or exacerbated by physical activity should not use the fitness center.

Use of the gym and fitness center is entirely at the members' own risk. The MCC shall not be liable for any injury or illness incurred by any member or guest using the facility.

The MCC does not endorse any specific equipment, programs, or techniques related to physical fitness or exercise. Participation in any fitness activity or exercise program is undertaken at the discretion of the individual member and, where appropriate, in consultation with their personal physician.

Privacy

Use of cell phones with cameras or any recording devices is strictly prohibited in all bathrooms, locker rooms, changing areas, and during ladies' fitness activities.

Enforcement

The MCC and its staff reserve the sole authority to deny, remove, or revoke entry, services, or participation for any individual or group who violates these policies or engages in inappropriate conduct.