



Probably the best way to be a better human being is to ensure that your actions and behaviors do not affect the comfort of others. The same applies to this gym. Overall, just don't be a shmuck. Be humble, kind, and respectful to everyone of all training levels. Make sure to encourage others and make friends. We are all in this together and it takes a village to succeed!

However, if you are a shmuck, there are plenty of other gyms out there that you can try on. We encourage you to go find your people and shmuck it out together.

Please abide by the following MVP guidelines and we will all be happy and healthy. If not – off you go. Failure to comply will lead to termination without membership reimbursement. You will be given ONE warning prior to termination.

The MVP ten commandments

1. You must pay your gym dues on time!
2. You must follow MVP programming or specific programming given by an MVP trainer. This is not a membership gym where you do whatever whenever.
3. You must wear proper gym attire and bring a freaking towel: Shirt, shorts, and shoes.
4. You must maintain proper hygiene. If you are dirty or smell, - FIX IT! Don't be gross!
5. You must clean up after yourself and rerack the weights. Nobody likes your mess and sweat!
6. You must be respectful to others. Slamming weights, singing, grunting, and profanity, is ridiculous and prohibited.
7. You must leave your food outside of the gym. Outside and at the café is a good spot.
8. You must leave your gym bag in the cubbies. Not on the floor.
9. You must not lounge or sit on machines between sets. Outside and the café are meant for chilling.
10. You must respect others personal space.

I have read and understand the above information. I am a good human being, not a shmuck.

Printed Name: _____

Signature: _____ Date: _____

Witness: _____ Date: _____

OPTIMIZING ATHLETES