



Box Rules

These Box Rules continue to morph as our experience grows.

We have super-specialized in seniors for 10 years and been in the fitness/wellness now for almost 18 years!

Our experience prior to that in healthcare, rehabilitation, and operations has truly set us up to be in the very spot we're in. And yes, we're arrogant that what we do works -our outcomes prove it.

If you work WITH us, you'll get better. But if you push back...you'll have less of an investment from us.

This is hard – life is hard. Lean into it! The results will change your life!

1. **Work hard, within your limits.** Put forth effort. You will be rewarded.
2. **We will not focus on what you CAN'T do.** Rather, we will, and we will help you, focus on what you CAN do. You will see progress this way. Focusing on the negative only breeds more negative thoughts.
3. **Do all the work posted.** It's common to feel like you're "behind" and maybe you should just do what you can to "keep up". But trust us, the workouts are designed for you to do the work posted in the order it's posted. Some parts of the workout have time components, in which case you'll work within the time parameters.
4. **Get the equipment out that you need and put your equipment back where you got it when you're done.**
5. **If you sweat on, spit on, or over-chalk your equipment, wipe it down with the red rags. BUT DO NOT OVERSPRAY THE EQUIPMENT.**
6. **Be on time.** We start at the whiteboard at the top of the hour. We'll never start early, but we may start a few minutes late. If you are late, the coaches will attend to the athletes who are on time and then help you get oriented to what you missed. Please don't expect special attention if you are late.
7. **No bags on gym floor & all drinks must have lids.** Leave bags, keys, phones, etc. in the playground.
8. **Use chalk over bucket.** Don't break up pieces of a chalk block or take chalk out of the bucket. Go to the bucket and chalk your hands "down in" the bucket. We have sidewalk chalk for tracking rounds and reps – please don't use the gymnastics chalk to write on the floor.
9. **Let your coaches coach.** While support is great, giving technical advice and coaching, if you are not a coach, is not OK. Your coaches are experienced, they know the athletes and their health and limitations.

10. **If you don't know, ask!** If there is something you're unsure about, please ask. There are no silly questions. We would much rather you ask so we can address any issues and not risk injury.
11. **Do not walk through an active class.** If you must use the restroom, please be conscious of the class that's in play on the gym floor.
12. **We know how old you are.** You don't have to tell us...we don't treat you differently because of your age. We work within your abilities. (See rule #1)
13. **Laugh!** Come on, we all look funny doing this stuff! Especially you!
14. **We don't pimp out Coach Ed.** No more text messages about needing 15 minutes of his time to talk about your [insert malady here] for an hour and then NOT take his advice. You can book a consult with him through Sam – she sets the schedule.
15. **Have respect for each other and your coaches.**
 - a. We will not tolerate disrespect of our coaches. We are overcoached at varying levels in specific classes. Our Coach to athlete ratio is BETTER than most other gyms of younger people. Coaches may ask you to leave if you are disrespectful to them, ignore their instruction, swear at them or create problems.
 - b. If you ignore a coach's cue, instruction or assistance in correcting a movement, we reserve the right to NOT COACH YOU. Occasionally ego gets in the way...we'll give you a warning and then for that movement, you assume the risk of a) not improving, b) building poor movement patterns, c) building strength in the wrong muscle(s) or patterns and risking injury, and d) outward criticism for your arrogance.
16. **Attendance is required for membership.** We can no longer "hold" gym memberships for athletes who are not regularly attending. It's not good for our outcomes and it's not good for you financially! If you don't show, and aren't accountable, we reserve the right to cancel your membership and replace you.
17. **Membership holds.** We cannot guarantee a membership hold of over 30 days. If you need to pause your membership, we can certainly do that, but we cannot hold your "spot" in your class with a \$75 hold fee. If you choose to pause for travel or vacation or illness, without a hold fee, you will be at the top of the wait list when you return.
18. **Politics, Religion and Polarizing Topics (other than health, fitness and nutrition).** This should be universal, but unfortunately, it's not. Your religious and political views have no place in our gym. We fly one flag: the American Flag. We all choose to live in this country and for that reason, we all accept that there at least two political sides. Both/All are welcome in our gym but neither will be used to intimidate others in the community, nor incite hateful discussions. We do not tolerate hate speech or the celebration of tragedy, including the death of political figures whether criminal or health related. We also will not tolerate the judgement of others religious beliefs. Again, we choose to live in this country – with the freedom of religion. We will give one personal warning and then we're happy to help you find another gym if you can't keep your controversial comments to yourself.