

It's time to do the work and earn your place.

Valhalla is not an average, everyday, bullshit gym. This is a private training facility where only the dedicated, determined, and disciplined are allowed to train. EVERY new member MUST undergo a three (3) month trial period before becoming a full status member. At the conclusion of this trial period, you will either be allowed full membership or declined further membership dependent on what you bring to the environment of the facility.

While completing this trial period, new members have to earn their place before they can solidify their role at Valhalla. Your role for the first three (3) months is simply to learn and demonstrate the qualities needed to become a member at Valhalla. Here are a few guidelines for trial members:

Earn Your Respect

At Valhalla, you're part of something different. Having a membership here is an opportunity to better yourself and be surrounded by others who strive for the same; respect that. There are people who do not have the privilege of being here, yet there are trial members who don't take their place here seriously. Yes, we know you're new. No matter how new you are, there will always be someone less experienced than you. If you handle yourself/treat others with respect and have a whatever-it-takes attitude, you will gain respect. While we respect the people at the gym who have an awesome physique, no one likes them if they're assholes when you ask how many sets they have left.

Add To The Environment, Don't Hinder It.

What do you bring to the facility? Do you add to the intensity or are you a distraction to the other members? Are you talking on the phone all the time, holding up equipment or are you busting your ass and encouraging others when they're deep in a set, giving all they have? We want you repping our facility, but when you distract others because it takes you 10 minutes and 15 tries to get a perfect selfie, take that bullshit someplace else.

Be Proactive

If you see weights lying around, pick them up. Wipe your sweat off equipment after using it and don't just leave things for the staff. We're not saying spend the majority of your workout cleaning, just don't be that guy. This is a family and this is YOUR house, treat it that way. If your house is messy as shit, pretend it's someone's house you'd keep clean.

Don't Get Complacent

During your trial period, don't ever get complacent and feel your place is solidified; you're just getting started. You should strive to be better every time you walk in the facility. That's why you're here but don't think of fitness as being one-dimensional. If you set a certain goal, reach it, then move on and set new ones. Everyone is here to keep getting better.

Know Your Responsibilities

Your job is not to spot someone on an exercise you've never done before. The same goes for giving advice. If you're new to something, don't start giving advice to everyone else regarding it. Your job is not just to get to the gym, but also to learn as much as you can about what you're doing. There's always more to learn, seek out the information and use it.

Be Accountable

If you're new, be prepared to hold yourself accountable. The majority of people think because they joined a gym, getting there will be easy. It won't and nobody is going to call you if you don't come in. Most gyms don't care if you show up or not. If we never see you, why should we grant you a place with others who are making the sacrifices necessary to be here? You are the only one holding yourself accountable.

Leave Your Ego at the Door

Don't walk in here and try to be something you're not because you have a big fucking ego. No one gives a shit how much you lift, they care about the passion and drive you bring. Going through an intense workout will mean nothing if you do stupid shit and tear a muscle. It's hard to be a badass when you're out for a four-to-eight-week, injury-forced rest.

Pay It Forward

Always use the above philosophy once you get through your probationary period - because soon you will be the established member. We put helping others, building bonds, and having each other's back over everything. When you're here, giving it your all, look to your left and look to your right, these people are your brothers. They're going to make sure you will be the best you possibly can be.

General Rules

-Limit "selfies" during workouts (We want you repping our gym but this is a training facility, not a photography studio. If you spend more time taking pics of yourself than you do training, go to Planet Fitness.)

-No cell phone use on the gym floor (We understand important calls arise, answer them off the gym floor so you don't distract other members. If it's not important, it can wait. You're not here to talk/text.)

-No flirting/distracting other members (This isn't tinder, full status members come here for one reason, to train, not get hit-on like they're in the club. Flirt outside the gym.)

-Let other members "work in" (This isn't just a training facility, it's a community, and everyone here is trying to belong. Share equipment with other members)

-RACK YOUR WEIGHTS in the RIGHT PLACE (We've all made it through kindergarten, so we all learned how to match shapes. Put the plates back where they go. Don't stack the fucking 45's on top of 10's and 5's.)

-Don't be a pussy (You're here to train, to be better than your last workout, to be surrounded by people pushing each other towards success. Add to the atmosphere, don't hinder it.)