



OCTOBER 2025

○○○○

MUSCLE + MINDSET

# MEMBER UPDATE

Welcome to the latest member update! Stay in the loop with upcoming community events & competitions, team news, member highlights, and important announcements!

## THANK YOU TO ALL VOLUNTEERS!

We have a beautiful new athletic facility thanks to the hard work of our amazing volunteers! Thank you, thank you, thank you to everyone who helped with the move. We had so much help we had all equipment moved out of Ninth Avenue within SIX hours -- the turnout of helpers made the work easier & faster than expected!



### UPCOMING EVENTS

**OCT COMMUNITY NIGHT - October 17**  
6:30-9:00pm - see article on page 2

**M+M PHOTOSHOOT - October 25**  
9:00am-12:00pm - during normal training

### UPCOMING MEETS

**Legend of the Kilo Monster - USA Powerlifting**  
November 8-9 - CrossFit MOB, Thornton

**Colorado State Championships - USA Weightlifting**  
October 25-26 - Pinnacle Weightlifting, CO Springs

**Colorado Collegiate Cup - USA Powerlifting**  
December 6 - M+M

**Barbell Blitzkrieg - USA Powerlifting**  
January 10 - M+M

**Colorado State Championships - USA Powerlifting**  
February 21-22 - CrossFit MOB, Thornton

## New Building Procedures

As with any new building, we are still learning Yuma Street's quirks and restrictions. We have a few of new procedures to introduce:

- 1. Building Access:** The door reader is now installed indoors. You do not need to hold your phone up to it for the bluetooth signal to be scanned, simply stand at the door and click the check-in button!
- 2. Garage Bays:** We are currently keeping these unlocked so you can utilize the side training yard as needed. However, the side training yard is not secure and the door needs to be latched if you are the last one out of the facility.
- 3. Bicycles:** We will place a coded lock on the gate for bike storage in the yard once the yard is secured. Stay tuned for details.
- 4. Cubbies:** You are welcome to leave your personal belongings in a cubby but please note that you are doing so at your own risk. We have surveillance but incidents can happen.



OCTOBER 2025

## MEMBER BIRTHDAYS

Oct 1 - Trey Bayliss

Oct 5 - Sandeep Singh

Oct 6 - Emily Tully

Oct 9 - Noah Forman

Oct 10 - Damon

Jakubsen, Carrie

Morrison, Kelley Sheftall

Oct 11 - Gaby Valencia

Oct 12 - Kevin Owens

Oct 13 - Amrit Anuja,

Vicki Souder, Rachel

Turner, Tavary Wagner

Oct 18 - Ethan Corle

# Class Reservation Policies

[view current schedule](#)

As a reminder, coaching & class reservations started on 9/29/25. Thank you to everyone who has already incorporated this step into their routines!

[CLICK HERE to review how to make a reservation](#)

**MOVEMENT LAB with Noah Forman**  
1<sup>st</sup> & 3<sup>rd</sup> Saturdays  
10:00-11:00am

We have a few items to note regarding the policies around class reservations:

1. You can book your reservations up to 4 weeks in advance
2. You can cancel your reservation up to 2 hours ahead of the session / class start time
3. If no one is signed up 1 hour ahead of the start time, the coach is NOT expected to be on site to teach / coach.
4. During crowded sessions, equipment priority will be given to athletes with a reservation
5. Limited open gym reservations have been made available during peak hours

## M+M MONTHLY COMMUNITY NIGHTS

### YOU'RE INVITED! *Fri 10/17 6:30-9pm*

Potluck Theme: Autumn Comfort Foods

- Click here to [sign up for the potluck!](#)

Cedar & Steam Mobile Sauna 7:30-8:30p

- Click here to [get a \\$10 ticket to sauna!](#)

Lounge Activity: Spooky movie & pumpkin painting (BYOP)

*Costumes are encouraged but only if you like fun :)*



www.muscleandmindset.com



(720) 445-5792

## THANK YOU FOR READING!