

Mixed gyms

Posted by aryehthor - 27 Jan 2010 04:00

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I wanted to get some people's opinion on a situation that is relevant in my life at the moment, and which I thought may be relevant to some other people here too.

As a few of you may know, I am currently in a secular university. I have an immediate need to lose weight, and have been struggling to do this for a while (for health reasons, not for attracting random girls). Specifically I have started to go to the gym here which is the only one I can get to. I take off my kippa and tzitzis when I go in because neither are particularly practical for working out and also for the following reason. The gym is full of women who are basically naked, some very attractive, and in compromising positions! AHHH! A yid shouldn't be there, and wearing a kippa there is perhaps a hillul Hashem. But I am pushing myself to go because I think I am in a situation where I can get healthy again.

Any thoughts?

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Re: Mixed gyms

Posted by aryehthor - 27 Jan 2010 16:12

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Bardichev, you solved my problem! I just have to drink the mixed gin before going to the mixed

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Re: Mixed gyms

Posted by kanesher - 27 Jan 2010 16:34

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[aryehthor wrote on 27 Jan 2010 15:58:](#)

OK thanks for the responses. Obviously being in college at all right now is a very b'dieved situation. But I only have one more year and I am going to finish (IYH). I definitely see people's

point that the gym is a major sakana.

Actually, I realize now that my initial question was really a halachic shayla that I should speak to my "local orthodox rabbi" about, since it really depends on a lot of factors and requires detailed knowledge of the situation. Although it may seem obvious to some, I think the question about what one should do in the actual reality of a person's life is subtle, even if you can open a sefer which says "don't go to a mixed gym". As I understand it, Halacha is not just following an instruction manual. It is based on cases. But definitely good to hear folk's take on it.

Yes...but how is a Rav to issue an accurate psak if he doesn't know that you've struggled with these issues? Indeed, Halacha is based on cases. The entire case.

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Re: Mixed gyms

Posted by shemirateinayim - 27 Jan 2010 16:41

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NNNNNNNNNNNNNNNNNNNN!!

Bad Idea, booze and lust make a very bad mix! No no No no No no No no

tBard, what kin of example are you trying to set, why not perscribe something usefull - like oxycodone, hydromorphone, or other such narchotic, pain killers! At least let him get the most of his workout, why are you trying to dehydrate him?

I'm serious here, can we get the poster who claims to be a rosh yeshiva, posek, rav to pasken for us in these areas. GUARD will have to verify his identity (they'll meet in the alleys of meah shearim, wearing oversized streimels that cover their faces :D . But seriously, I know we have R Twersky, but we need a posek in areas of hisaklus etc..

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Re: Mixed gyms

Posted by bardichev - 27 Jan 2010 17:06

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I really don't want to be part of a halachic debate

So on the non-halachic side

Mussar is not my place cause I can't judge

So no shmooze from me

(And my personal opinion is ..personal)

But here is some food for thought

Nothing to do with a gym

Rome wasn't built in a day

We can't seriously work on our addiction

And..lose weight

We cannot fight in 2 arenas

Go 90 days with gue

And then get back to weight loss

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Re: Mixed gyms

Posted by shemirateinayim - 27 Jan 2010 17:11

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:D Very funny :D

Thanks for the laugh.

Oh as far as the halachik side, Kaneshner knows what he's talking about, and he's correct about the need to apply it in a more relevant manner, however Tomim does have a point, and thus we DO need a poseik in THESE areas, and halavai on a regular basis.

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Re: Mixed gyms

Posted by the.guard - 27 Jan 2010 17:30

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I like username24's line: psik reisha velo yomus!

If I was in your situation, I would choose another way to lose weight that's probably safer. I'd go up to the top of a 100 floor building and jump off. (Then, maybe I'd consider going to the mixed gym to lose whatever's left).

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Re: Mixed gyms

Posted by Me3 - 27 Jan 2010 17:38

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Well Guard, you could stand to lose a few pounds.....

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Re: Mixed gyms

Posted by aryehtahor - 27 Jan 2010 17:45

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Guard,

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Re: Mixed gyms

Posted by Ineedhelp!! - 27 Jan 2010 17:50

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[aryehtahor wrote on 27 Jan 2010 17:45:](#)

Guard,

Great to see you "weigh in" to this topic. (pun intended)

Wow I cant believe you went there aryehtahor. Never thought I'd live to see the day. Just kidding thats actually funny. Corny. Yet funny.

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Re: Mixed gyms

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Posted by aryehtahor - 27 Jan 2010 19:45

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My Rebbe told me that once you start habitually making corny jokes, you are ready to be a  
I don't think that applies to me though.

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Re: Mixed gyms

Posted by shemirateinayim - 27 Jan 2010 19:48

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father

But make sure you walk up those 100 flight, let's see if you live to the top ;D

Hey GUARD can you send an email to the poster who says he's a posek.. Cmon there has to be someone on here who knows psak, and is willing to learn the sugyos on the topic. But for this one probably needs to know shas, there are too many variables, and it's very scattered throughout shas. Is there anyone with a connection to this site, that can do this?

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Re: Mixed gyms

Posted by bardichev - 27 Jan 2010 19:58

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shemiras

listen tzaddik

as an orthodox jew

i am compelled to ask mor embarrassing questions

to a posek

if

again if

this is a purely halachic question

go ahead let our buddy aryeh ask the question

to whoever paskens his shailos

if it's amussar question

i dont give mussar

if its a gue question

hey im repeating myself

but emailing a rav will not have the same psak as the person

who is in tha situation asking the question

its like amailing a rav

are you allowwed to work on chol hamoed

depends who etc....

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Re: Mixed gyms

Posted by the.guard - 27 Jan 2010 20:36

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[Where can I ask halachic questions about intimate issues on-line anonymously?](#)

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Re: Mixed gyms

Posted by shemirateinayim - 28 Jan 2010 01:38

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GUARD you're awesome! We don't need more moderators, we need tour-guides. That means that a few of us 'regulars' (myself excluded) must actually tour the ENTIRE site, numerous times, until we know where everything is! And then we can direct people to all the wonderful information that was already compiled by GUARD!!! Oh and we need someone who can use a

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