Welcome to MxD's New Facility!

We are so excited to welcome you all to our new facility! Here's what you need to know…

Movement By Design's new location as of November 1, 2026 is:
104 Stony Point Rd, Ste B, Santa Rosa, CA 95401

FLOORS: Our new facility's flooring is a combination of matted spaces, turf, concrete, and tile. Shoes are required on all surfaces EXCEPT for the mats & turf. There are no shoes allowed on any of the matted areas or turfed terrain. This helps us keep the space clean and prevent any concrete dust or other debris from transferring onto the mats & turf.

BATHROOMS: There are two separate bathrooms (a men's & women's) with multiple toilets in each. WHAT!?!? We know…. No more waiting in the bathroom line - there's not 1, not 2, but **3** toilets in each bathroom! These bathrooms are located just outside our facility's doors - you'll take a very short walk down a hallway to get to them. These bathrooms are maintained and stocked by the Common Area Maintenance staff and require a code to enter. The code will be posted at MxD. There is also 1 bathroom located inside the facility, however, this is an employee only bathroom and is not to be used as a changing room. Our practitioners work really hard to be right by your side every moment of your session which requires us to have easy and quick access to a restroom, so please do respect this boundary. We appreciate it.

PARKING: There is a large parking lot with more than 50 spaces available. If for some reason it were to be full (unlikely), there is some street parking very close to the building as well.

DOGS: We have a no dog policy at our new facility. Please leave your furry friends at home.

KIDS: We are excited for our kids' classes and opportunities to grow! With that said, our kids classes are the only child entertainment we offer at this time. We will no longer have a kids lounge area at the new space, however, there is a park located just a short walk away from our building to take the kids to before or after your session. We do have some seating where a child who can self entertain with a book could wait during your session. Kids are not allowed to play with the equipment or run around the gym outside of kids classes or their own 1:1 session.

SOUND: We have 2 rooms to work with. The main room that you walk into upon entry to the facility is the group training room. This is where our main speaker system is and where you can expect the highest noise level. Our secondary room located at the rear of the building is our "quiet room". The quiet room is where bodywork and private sessions will be. You can expect a reduced noise level in this room. It is our intention to keep this backroom noise level down to allow for a more inward experience, so please be aware of that as you enter - be sure to keep your voice at a lower volume and be respectful of the quieter tone of the room as you navigate around.

AIRFLOW: We have a large HVAC system with A/C, heater, and fan to keep air flowing well!

SANITIZATION: We have a daily, weekly, and monthly cleaning schedule to keep the space as pristine as possible, but we would love your help keeping our space clean. There is a cleansing wipe dispenser with a trash can underneath located by the indoor bathroom - please use these wipes to clean equipment when you are finished with it as well as any other cleansing need you may need it for. They are for your use! We also have hand sanitizer located just above the wipe dispenser.

WHAT TO WEAR: During classes and fight training sessions, we ask that you wear a t-shirt or tank top when you train. This helps keep the space and equipment clean by soaking up sweat and preventing it from transferring to the walls, mirror, equipment, etc.
For 1:1 sessions, you will be asked to remove your shirt so that we can see as much of your spine and joints as possible in order to best serve you in corrections. Please come prepared for this! For the women, this means showing up with a supportive sports bra that you feel comfortable training in. For the men, this means wearing proper undergarments to not let buttcracks show. For all, this means wearing shorts when possible and avoiding baggy clothing such as sweatpants or track pants.

WHAT TO BRING - WATER: We are working to install easier access to filtered water for our clients, however, this will not be ready right away. We hope to have an installation by the new year. In the meantime, please make sure to bring a full water bottle to each session and class to ensure you stay hydrated - don't forget to add minerals and to bring the bottle inside with you!

WHAT TO BRING - TOWEL: All clients need to bring a sweat towel to both classes and training sessions. We are happy that you are sweating - it's a good thing! But, please wipe yourself down with a towel between sets to keep yourself as dry as possible. This helps us be able to maintain a clean space by preventing as much sweat transfer as possible. This towel can also come in handy when you need to do movements that require a face down position, you can use the towel under your face, or when doing movement on your back you can use the towel underneath your back to soak up sweat to help keep the mats clean. We appreciate your efforts in making towel use a consistent practice.

WHAT TO BRING - SLIDES/SANDALS: Please bring some sandals, slides, or slip on shoes to walk through the facility with. Shoes are required on all surfaces, except for the mats & turf. There are no shoes allowed on the mats or turf. In order to navigate the changing terrain, you will want to wear some shoes that are easily slid on and off to be able to change locations when needed. We will still train barefoot, however, if you need to change training locations (let's say from the back room to the front room) or if you need to walk down the hallway to use the restroom, you will need quick access to shoes.

That's it! Please let us know if you have any questions.
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Sincerely, The MxD Team