

Question:

Assalaamu Alaikum

Is it halal to go to the gym?

JazakAllahkhair. Salamalaikum.

Answer:

Assalamu Aleikum

It is permissible to go to the gym if there is no free mixing between opposite sex... and it there is no aworah display... and no prohibited circumstances or facts surround the gym... e.g.: Gym belongs to Muslim selling alcohol or pork....

Sheikh Omar