

PROPER ATTIRE

for the

FITNESS CENTER

YES

FOOTWEAR

- Socks
- Appropriate athletic shoes (tennis, running, courts, cross-training)

BOTTOMS

- Shorts longer than finger-tip length when arms are straight along side of body

TOPS

- Un-modified T-shirts or tank tops
- Underclothing (workout gear with built-in under clothes are OK)
- When standing, tops must meet (at minimum) top of shorts

AND...

- Proper hygiene
- Limited use of perfume/cologne

Excellent!



Aw, man!

NO

FOOTWEAR

- Bare feet
- Flip flops
- High heels
- Sandals
- Open-toe shoes
- Crocs / clogs

BOTTOMS

- Saggy pants
- Jeans
- Khaki or canvas pants
- Bikinis (for women)
- Exposed gluteus muscles
- Shorts shorter than finger-tip length when arms are straight along side of body

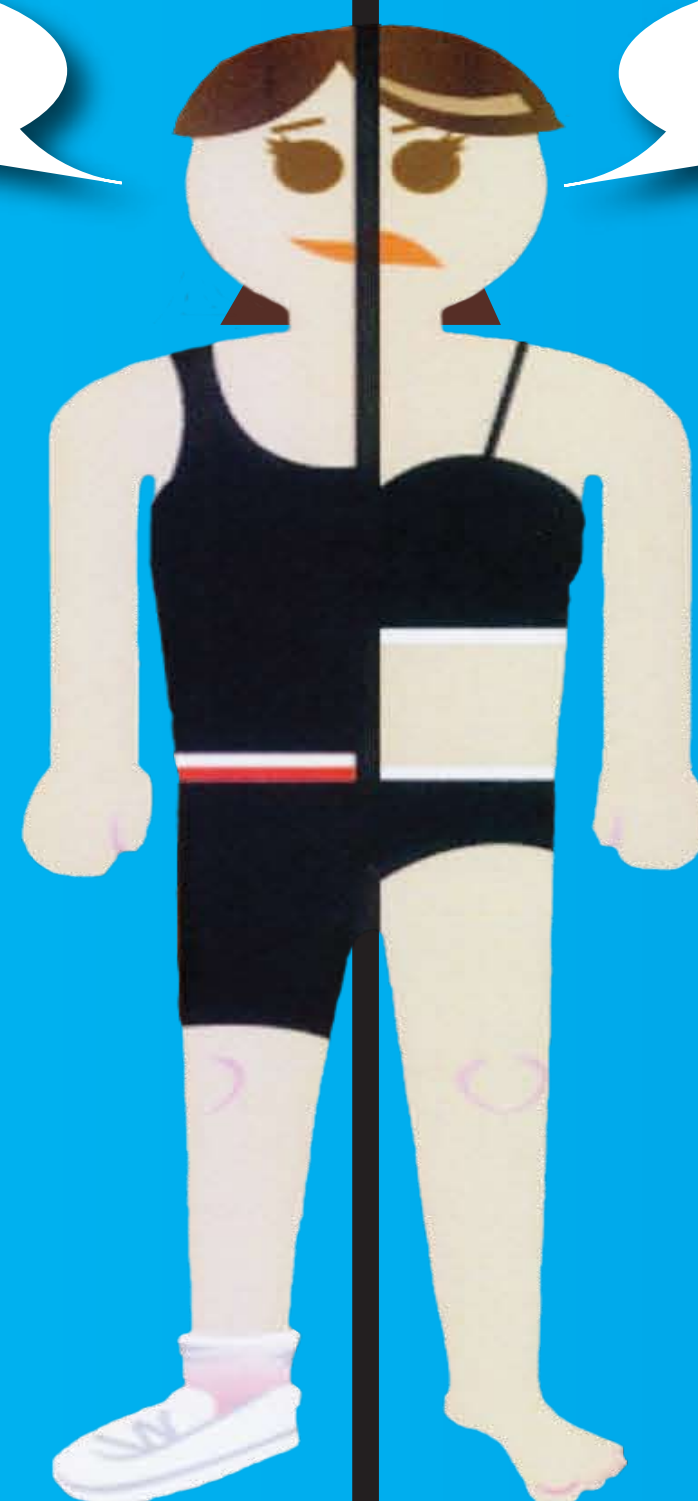
TOPS

- Clothing with rivets
- A-shirts (for men)
- Modified / homemade T-shirts / tank tops
- Sports bras without shirts (for women)
- Bikinis (for women)
- Exposed chest/cleavage and chest / nipple area

AND...

- Heavy perfume or cologne
- Body odor

Perfect!



Oh, no!



Note: Military command-issued PT gear is authorized. Fitness Center staff has final discretion on appropriate attire. Thank you for your understanding and cooperation.