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.