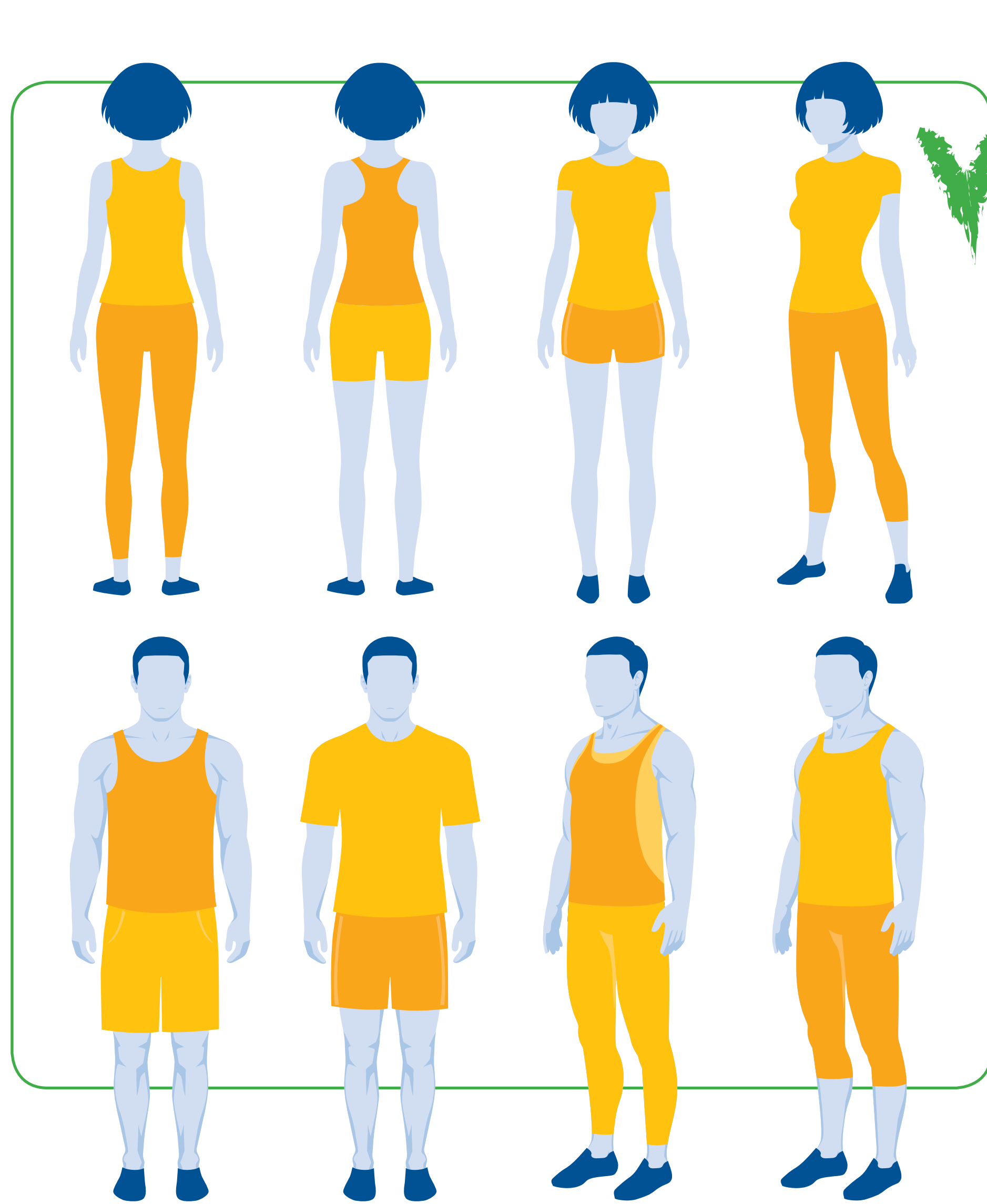


# NAVY MWR FITNESS CENTER

# PROPER ATTIRE



## PROPER ATTIRE

### Tops

Tops that meet the top of the shorts or pants and do not expose excessive amounts of midriff, back or chest/cleavage

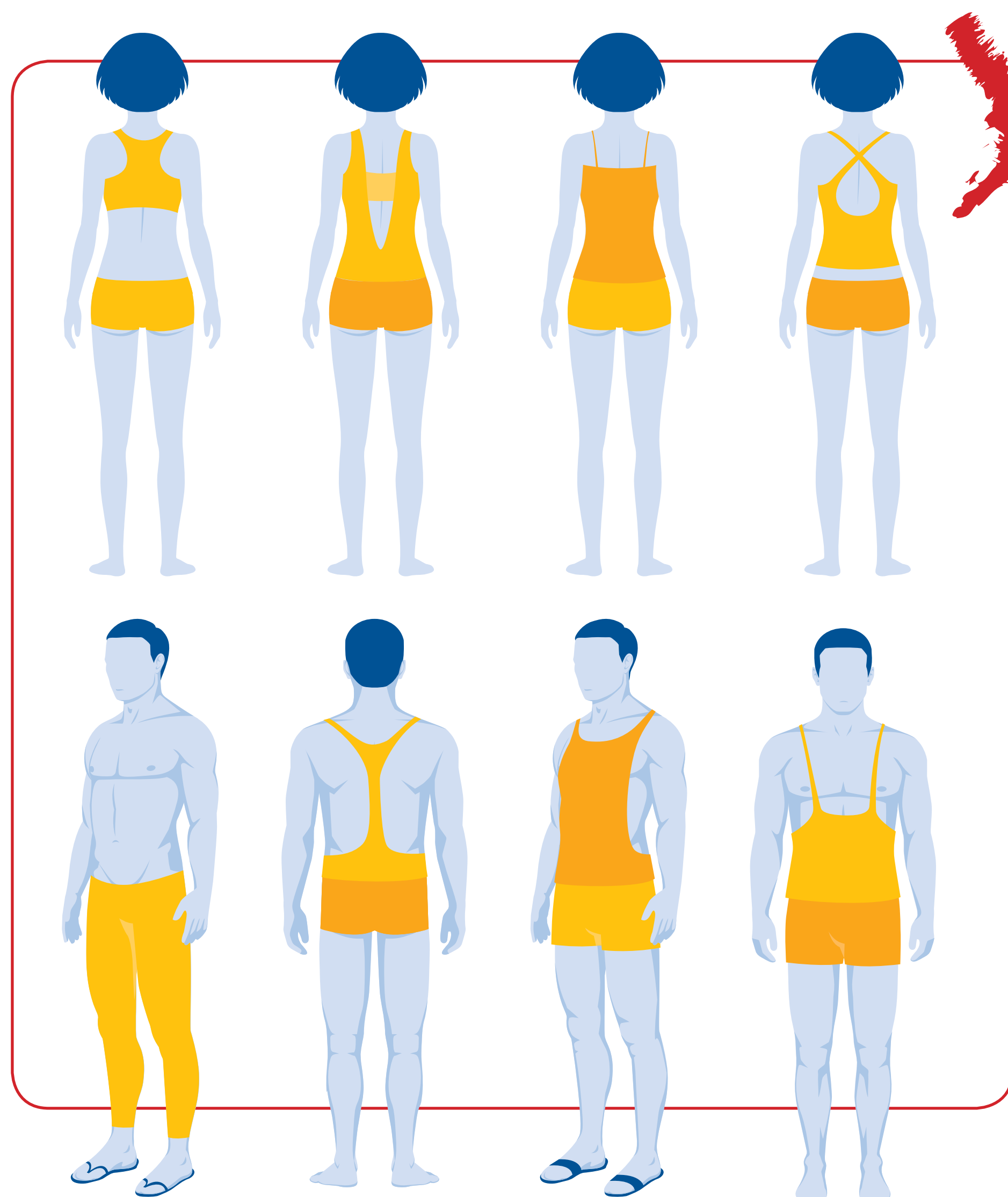
### Bottoms

Shorts/pants that provide adequate coverage of the buttocks

### Footwear

Appropriate athletic shoes (*i.e., tennis, running, court, cross-training, minimalist footwear*)

Additional info:



## IMPROPER ATTIRE

### Tops

Tops or shirts that expose undergarments, midriff or excessive amounts of back or chest/cleavage (*i.e., backless, custom or muscle tanks*)

### Bottoms

Swimwear, saggy pants or shorts exposing any portion of the buttocks or undergarments while exercising

### Footwear

Bare feet or open-toed shoes (*e.g., flip flops, sandals*), high heels or clogs

*Note: Clothing, jewelry and tattoos that are prejudicial to good order, discipline and morale are prohibited.*

Additional info: