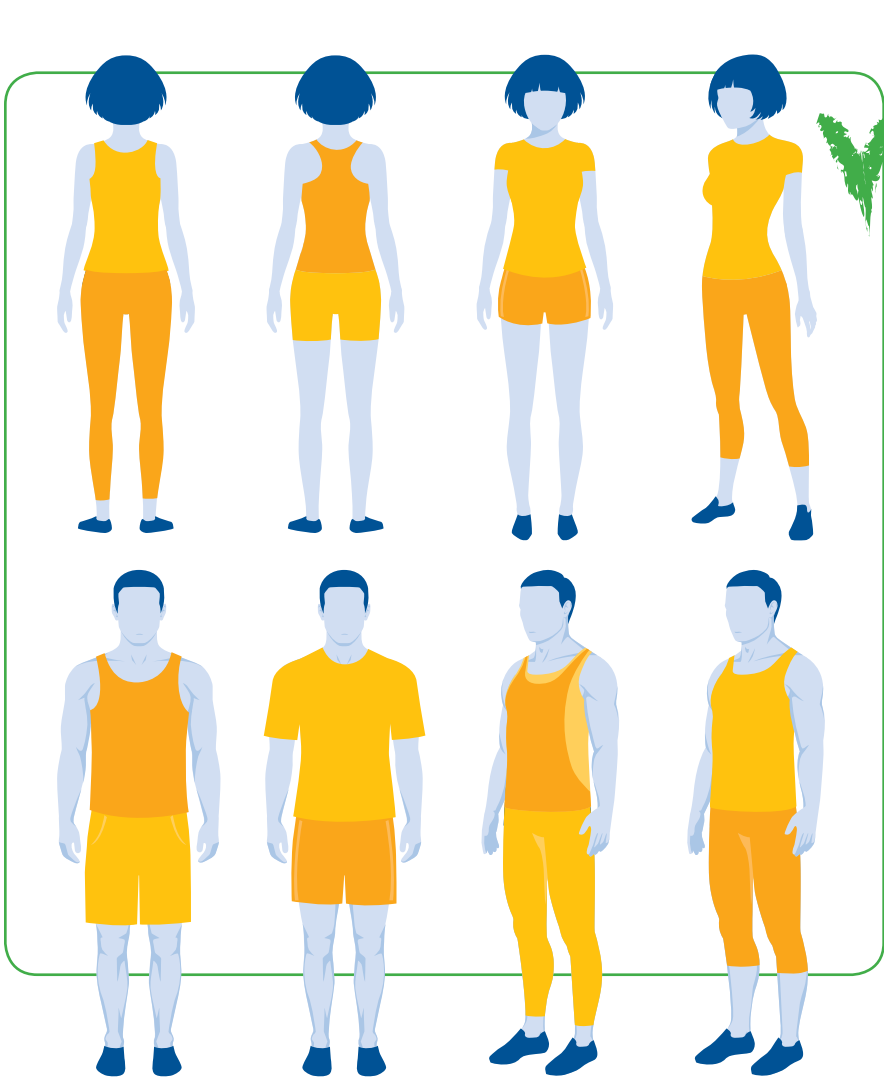


NAVY MWR FITNESS CENTER

PROPER ATTIRE



PROPER ATTIRE

Tops

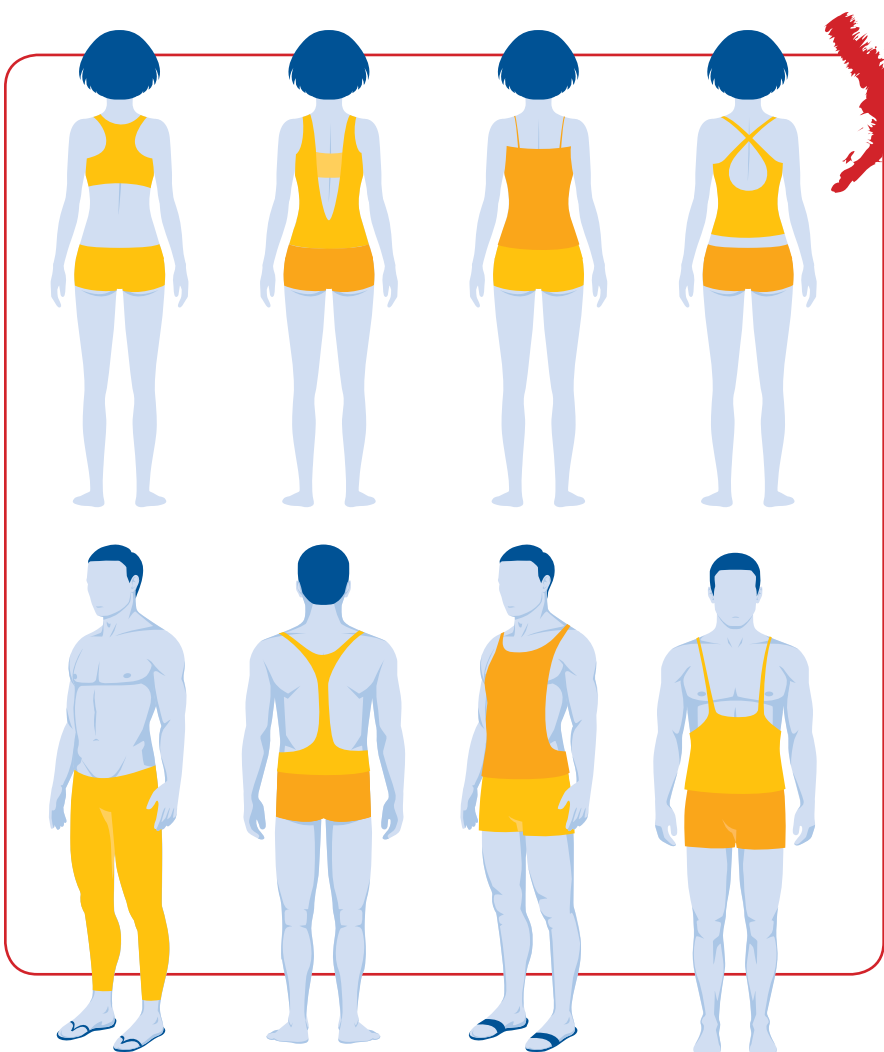
Tops that meet the top of the shorts or pants and do not expose excessive amounts of midriff, back or chest/cleavage

Bottoms

Shorts/pants that provide adequate coverage of the buttocks

Footwear

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



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.