NAVY MWR FITNESS CENTER

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)

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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.*