

# WORKOUT ATTIRE POLICY

Joseph. L. Alioto Recreation Center



## Appropriate Workout Attire Examples



Compression Shorts

### Athletic Bottoms

Sports Bra

Compression Shirt

T-Shirt

Sport Tank Top

### Athletic or sport like tops



### Closed Toed Athletic Shoes

## Items Not Permitted alone as workout attire.



Mesh or see through shirt as only layer



Tank top that has minimal coverage



Boxers



Underwear



BRA



Lacy Bra/top as only layer



Jeans are not recommended

## NOT RECOMMENDED WHILE PARTICIPATING IN ACTIVITIES AND PROGRAMS

Members who do not wear proper shoes while utilizing weights assume all liability. Only non-marking shoes in the Group x or Gyms. High heels prohibited in the Group x or Gyms.

