

FITNESS CENTER PROPER ATTIRE



AUTHORIZED

TOPS

- ✓ Unmodified t-shirts or tank tops
- ✓ Undergarments (workout gear with built-in undergarments are ok)
- ✓ When standing, tops must meet top of shorts (minimum)

BOTTOMS

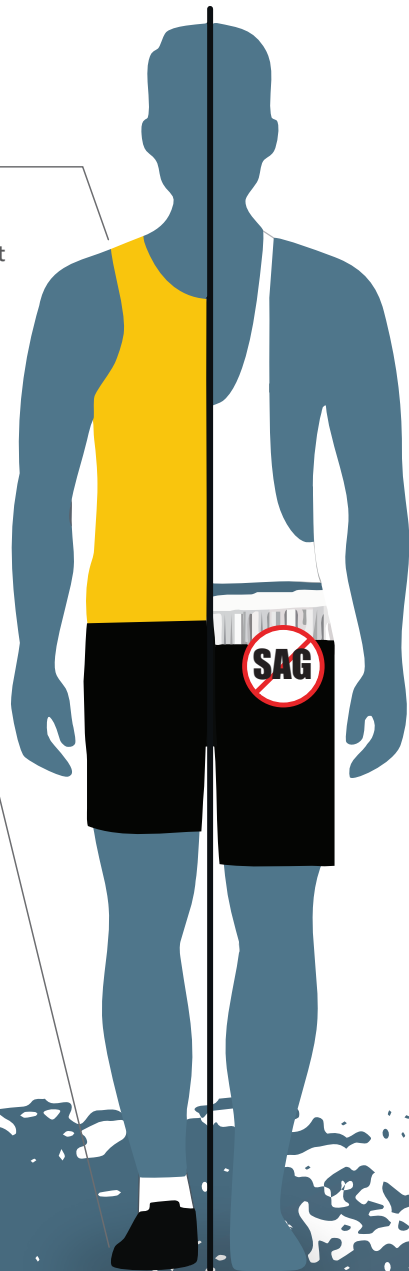
- ✓ Shorts with full coverage of buttocks
- ✓ Leggings
- ✓ Sweatpants or athletic pants

FOOTWEAR

- ✓ Athletic shoes
- ✓ Tennis shoes
- ✓ Running shoes
- ✓ Court shoes
- ✓ Cross-training shoes
- ✓ Minimalist/five-finger shoes

OTHER

- ✓ Proper hygiene
- ✓ Limited use of perfume/cologne



UNAUTHORIZED

TOPS

- ✗ Clothing with rivets
- ✗ Modified/homemade t-shirts/tank tops
- ✗ Exposed midriff
- ✗ Inappropriate or offensive language on clothing

BOTTOMS

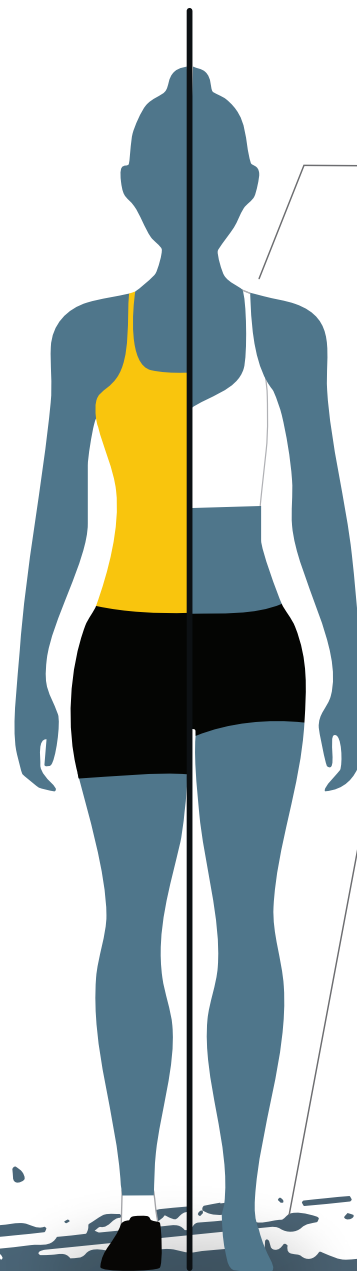
- ✗ Saggy pants
- ✗ Jeans
- ✗ Ranger panties
- ✗ Exposed gluteal muscles or exposed undergarments

FOOTWEAR

- ✗ Bare feet
- ✗ Socks only without shoes
- ✗ Flip flops
- ✗ Sandals
- ✗ Open-toed shoes
- ✗ Crocs®/clogs
- ✗ Boots on the cardio equipment

OTHER

- ✗ Heavy perfume or cologne
- ✗ Plastic/rubber suits



ARMY DRESS CODE STANDARDS

1. CLOTHING AND ATTIRE:

- + Must be in good taste and repair.
- + Should be appropriate for the occasion and location.
- + Must be worn according to the manufacturer's intention.

2. BODY COVERAGE:

- + Clothing must cover the body in a simple and competent manner.
- + Torso, buttocks, and undergarments must always remain covered. The torso includes the chest, abdomen, back, and sides.
- + Any article of clothing through which underwear can be seen is prohibited.
- + Clothing designed to be worn as undergarments or swimwear is prohibited unless covered by appropriate clothing that will not expose undergarments or swimwear (e.g., sports bras, swim trunks, or bikini-like items).
- + A two-in-one top may be worn if it does not expose the sports bra itself.
- + Strapless blouses are not permitted. Tops with spaghetti straps may be worn if proper undergarment support is worn underneath.

3. HEALTH AND SAFETY:

- + Plastic, rubber, PVC, or nylon suits designed to cause profuse sweating are prohibited due to the danger of heat illness.
- + Closed-toe shoes that completely cover the foot must be always worn. Sandals, Crocs®, flip-flops, bare feet, and socks without shoes are not permitted in exercise areas.

4. PROHIBITED ITEMS:

- + Military uniforms should not be worn with civilian clothing by both Active-Duty Service Members and civilians, as per Army Regulation 670-1.
- + Clothing with obscene, slanderous, racist, sexist, extremist, or vulgar language or images.
- + Clothing with language or images advocating the overthrow of the US Government or depicting discrimination, violence, gang affiliation, drug paraphernalia, or illegal drug use.
- + Key rings, wallet chains, jeans/belts with metal rivets/spikes, or any other objects protruding from pockets that may damage exercise equipment.

- + Street or dress shoes on court surfaces; non-marking athletic shoes must be cleaned on mats provided at each court's entrance.
- + Respiratory equipment that disrupts normal breathing (e.g., elevation masks, gas masks, or snorkels).

PFC SAUNA DRESS CODE:

- + Clothing is not optional. Bathing suits/athletic wear and sandals/shower shoes must be always worn.
- + Street shoes and head coverings, including shower caps, are not permitted in the saunas.
- + Army Combat Uniforms and Army Physical Fitness Uniform (APFU) are not allowed in the saunas.
- + Plastic, rubber, PVC, or nylon suits designed to cause profuse sweating shall not be worn due to the danger of heat illness.

ENFORCEMENT:

- + Fitness center Personnel are responsible for enforcing these standards fairly, impartially, and objectively. Final decisions on policy interpretation rest with PFC Management.