

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

Lifiting with barefeet or only socks is not permitted.

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.

