To minimize the spread of skin infections on upholstery and to maintain a clean facility, a full-length T-shirt with some type of sleeve is required to cover the axilla (arm pit). Thank you in advance for your cooperation.
Shirts

YES

Cover up your bra straps with shirt

NO
**Bottoms**

**YES**
- Short pants
- Long pants

**NO**
- Too short!
- No belts, rivets, buttons, zippers – they can rip our upholstery
Shoes

YES

NO

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**Accessories**

**YES**
- **Towel**
  - If you are a heavy sweater, please bring a towel to wipe up the equipment and floor. Thank you!
- **IPOD or MP3 Player**

**NO**
- No talking on cell phone on the fitness floors or in Locker Rooms
  - For Safety - No book bags or exercise bags on the fitness floor – Please put in a locker; need a quarter; will get back!
- For your protection - No Video or Pictures without permission
  - No Belts – Punctures upholstery
Food / Drink / Gum

YES

NO

Water

NO FOOD!

NO GUM!

NO DRINKS