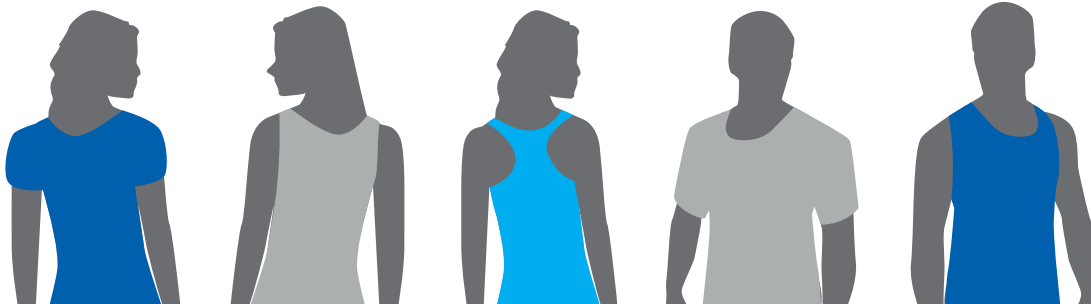


# FITNESS CENTER DRESS CODE

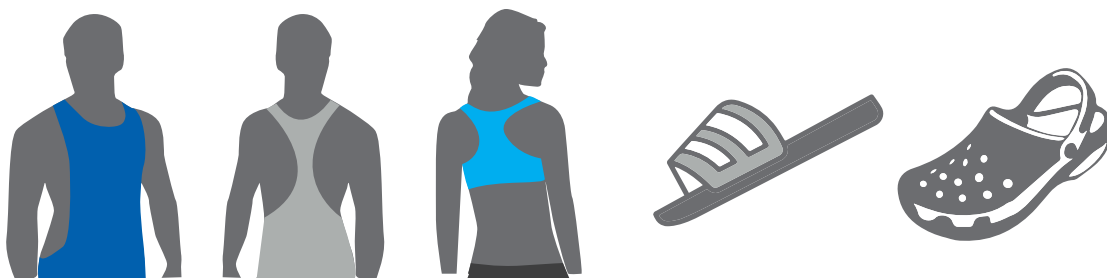


- Shirts must have an armpit gap that is no greater than six inches.
- Shirts must have a torso/midriff gap that is no greater than the width of your hand.
- Shoes must be closed-toed and cover the entire foot. Shoes must be worn in the Fitness Center at all times. Crocs, slides, and sandals are not allowed.
- Shorts/pants should be free of belts, studs, rivets, and zippers.
- Shorts cannot expose the buttocks.

## WHAT TO WEAR



## WHAT NOT TO WEAR



This policy helps reduce the spread of germs, prolong the life of equipment, and create a welcoming, inclusive environment for all members/guests.

**Questions? Concerns?** Contact our Fitness Director at 701.356.1453 or [fitness@ymcacassclay.org](mailto:fitness@ymcacassclay.org)