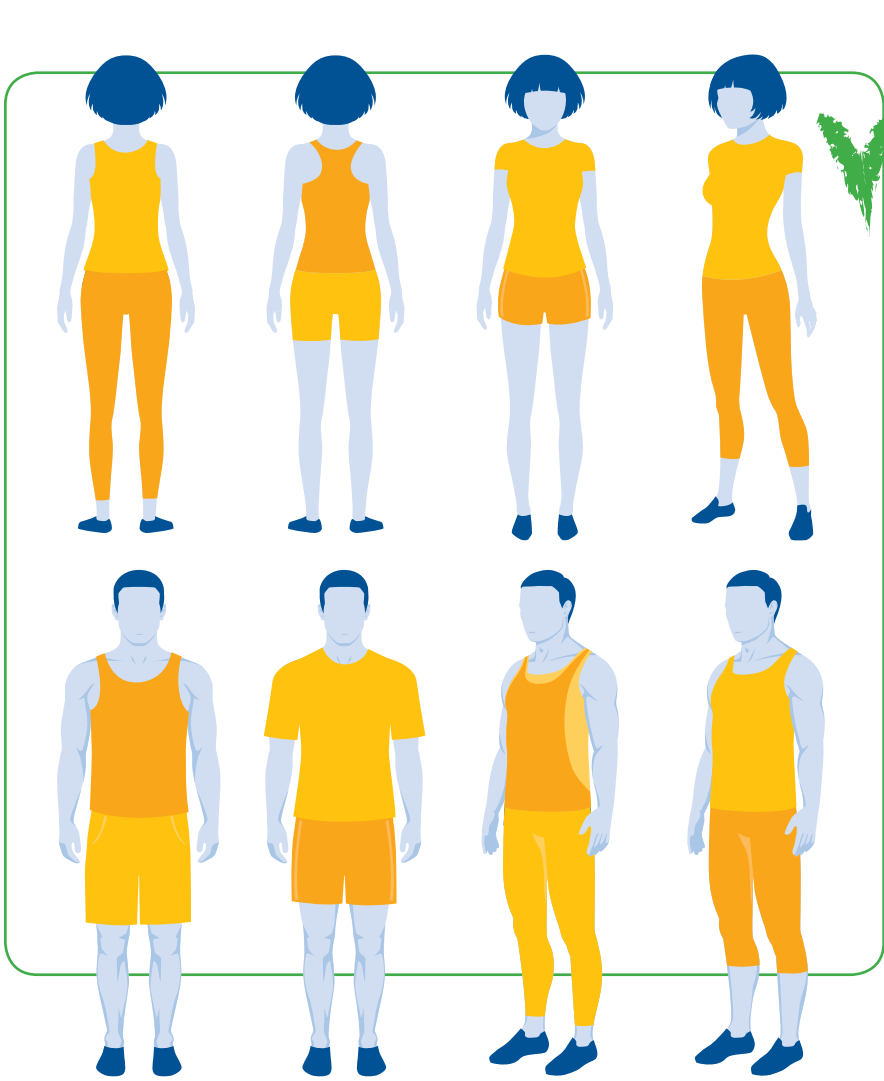


# NAVY MWR FITNESS CENTER

# PROPER ATTIRE



## PROPER ATTIRE

### Tops

Tops that meet the top of the shorts or pants and do not expose excessive amounts of midriff, back or chest/cleavage

### Bottoms

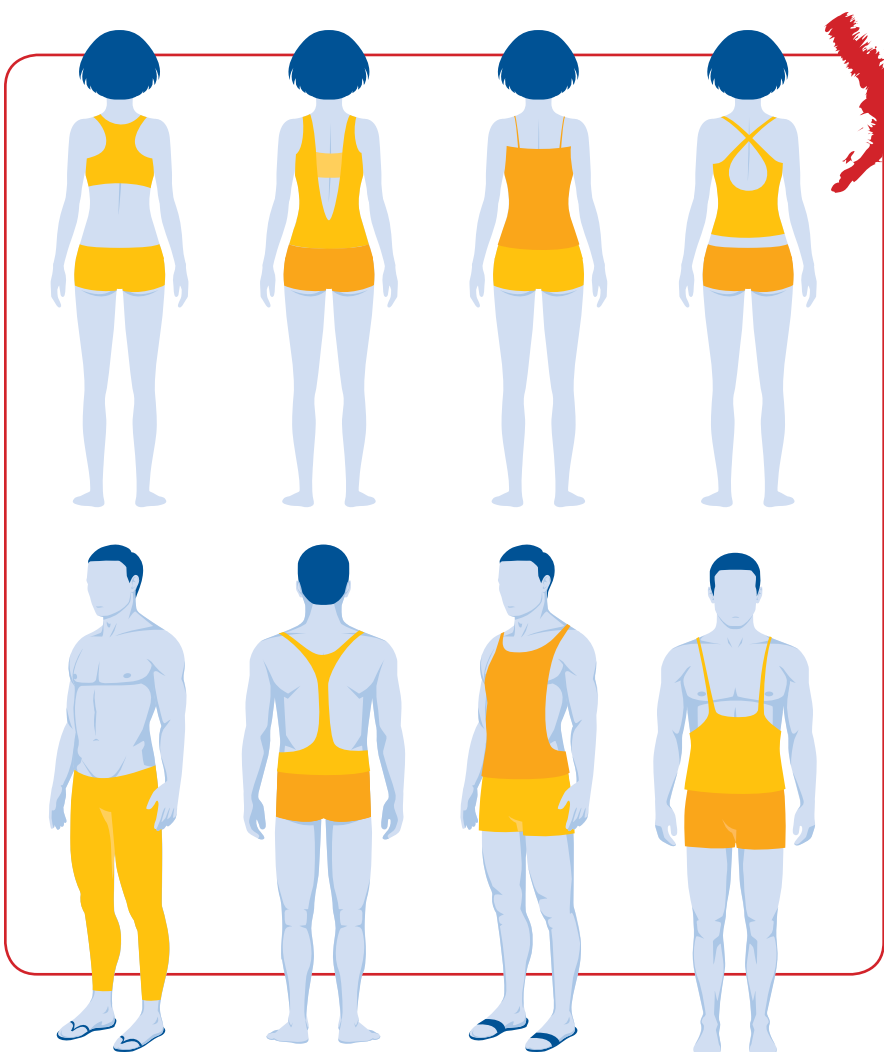
Shorts/pants that provide adequate coverage of the buttocks

### Footwear

Appropriate athletic shoes (*i.e.*, tennis, running, court, cross-training, minimalist footwear)

*Additional info:*

**NSA Naples Fitness Director**  
 call 081-811-6604 DSN 629-6604  
 or email [NaplesMWR\\_Fitness@us.navy.mil](mailto:NaplesMWR_Fitness@us.navy.mil)



## IMPROPER ATTIRE

### Tops

Tops or shirts that expose undergarments, midriff or excessive amounts of back or chest/cleavage (*i.e.*, backless, custom or muscle tanks)

### Bottoms

Swimwear, saggy pants or shorts exposing any portion of the buttocks or undergarments while exercising; jeans, khaki or canvas pants are prohibited.

### Footwear

Bare feet or open-toed shoes (*e.g.*, flip flops, sandals), high heels or clogs

*Note: Clothing, jewelry and tattoos that are prejudicial to good order, discipline and morale are prohibited.*

*Additional info:*

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