

# What should I wear?

We know that everyone has their own personal style.

While you're here sharing our family - friendly facility, we have a few points to keep in mind when choosing your workout clothes.



- No inappropriate messages on your clothing please - keep it family friendly
- When selecting workout shorts they should cover your buns - no cheeks please!
- Workout tops must cover your midriff and should not be low cut
- Always wear clean, indoor workout shoes

If you are not dressed appropriately, staff may ask you to cover up. Please speak with one of our staff if you have any questions or concerns.



Building healthy  
communities

