



LIVING WELL  
CENTER

# KNOW THE CODE

The dress code is simple—we're at work so a reasonable amount of modesty is expected. Be courteous to your colleagues by not wearing anything too revealing or suggestive. Follow the guidelines below and you should have a comfortable and safe work out. Anyone not following the dress code may be required to change or asked to leave.

## Appropriate:



- No open back tops, strappy tanks or off-the-shoulder tops
- No midriff-bearing tops or too short shorts
- No gaping arm holes or altered T-shirts (if you cut it yourself, it's altered.)
- No street shoes, sandals, flip flops, boots or bare feet
- No jeans, slacks or shorts with cargo pockets, buttons, metal rivets, etc

## Not appropriate:

