

DRESS CODE



Family Wellness is a family organization and asks its members to follow our dress code as outlined below. Members are required to wear appropriate active wear in the fitness center, fitness classes, and all other activity or general areas.

Our primary goal is to support users in understanding and following our dress code policy. Family Wellness reserves the right to define the dress code in the facility and may approach members and guests to educate them regarding this code.

Members and guests who refuse to abide by our code of conduct, including the dress code, may result in being asked to change attire or be asked to leave the facility until they have appropriate attire. We appreciate your cooperation in making Family Wellness a place where everyone feels safe, comfortable and respected.

Guidelines for attire are as follows:

General Appearance & Conduct Standards

Most clothing designed as outerwear or athletic gear is permitted, provided it is appropriate for a mixed-age, family-friendly environment. Attire should allow safe, unrestricted movement and be suitable for the activity being performed without intentionally exposing sensitive areas. The breakdown of expectations is outlined below.

Tops & Upper Body Attire

Athletic tops, tank tops and sleeveless shirts are permitted as long as the chest is adequately covered. Sports bras are allowed but must provide adequate coverage and support. Tops should fully cover the chest area during all movements (bending, lifting, stretching).

- Extremely low-cut, sheer, or revealing sports bras are not permitted. Tops may not have a significant portion of the chest, under-breast, or sides of the breast exposed. Tops must not resemble lingerie or a traditional bra.
- Tube tops or strapless tops are not allowed. All tops must have straps that secure the garment in place during exercise.
- Heavily modified shirts that expose the nipples are not permitted.
- Upper body attire must be worn in all areas of the facility except in locker rooms or pool areas.
- Clothing should be in good condition - free of excessive rips, holes or transparency.

Bottoms & Lower Body Attire

Shorts, leggings and other bottoms must fully cover the buttocks at all times, including the gluteal fold, during all exercises and movements (bending, lifting, stretching).

- Bottoms should be secure and made of non-sheer fabric when stretched.
- Clothing should be free of excessive rips, holes, or embellishments that may damage equipment.

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Footwear

Closed-toe, non-marking athletic shoes are required in active fitness or activity areas unless otherwise permitted. Shoes must be clean and designated for exercise - please reserve outdoor shoes for use outside the facility.

- Shoes must be clean and in good repair to help maintain facility safety and cleanliness.
- Bare feet, sandals, slides and flip-flops are only permitted in locker rooms and pool areas.

Language, Images, & Messaging on Clothing

- Clothing may not display profanity, sexually explicit imagery, hate speech, discriminatory language or symbols.
- References to drugs, alcohol or illegal activity are prohibited on any apparel.

Aquatics

A swimsuit or polyester/spandex material is required in the pools and whirlpools (no cotton). Swimwear should be modest, functional and appropriate for a family-friendly setting. Spectators and parents should wear clean, appropriate footwear and be mindful of wet, slippery surfaces.

- Appropriate swimwear is required, no thong or string bikinis. No tube tops, tops must be supported by straps.
- Overly revealing or sheer swimwear is not permitted.
- Compression shorts are allowed, but standard underwear is not considered appropriate swimwear.
- Infants or young children in diapers must wear specialty swim diapers manufactured specifically for swimming pool use.

Sauna & Steam Room

Clothing is required in the dry sauna and steam room. Attire should promote comfort, safety and proper heat circulation.

- Heavy clothing such as sweatshirts, sweatpants or multiple layers is not permitted.
- Lightweight, athletic clothing or swimsuits are acceptable.