



CCHC Appropriate Workout Attire

What does workout appropriate attire mean?

- Clothing that allows you to comfortably move your body and maintain health and safety in a family friendly environment.

Why is it important?

- Wearing appropriate clothing is important because it protects both you and our equipment while creating a comfortable place for all.

What we consider inappropriate gym attire

*Midriff showing shirts or shirts with too much cut away, shorts that are too short, and sports bras. We want to eliminate skin to bench/mat contact because of the risk of skin infections and cleanliness. We are also a family orientated fitness club.

*See-through leggings, shorts, and shirts are also not appropriate.

*Jeans are not appropriate workout attire. The metal buttons on jeans can puncture the upholstery on our equipment.

*Sandals are not appropriate as it leaves your feet vulnerable and subject to injuries.

Shirt and shoes, along with appropriate attire, are required for both men and women in all areas outside of the pools and locker rooms.