


## Dress Code Guidelines




- Anyone violating the dress code policy will be asked to change or leave. Repeat offenders may lose membership privileges based on the facility rule violation policy.
- T-shirts and sleeveless shirts/tank tops which cover the entire torso (stomach, chest and back: no strappy tank tops or bra tops) are allowed. Any cut off sleeved shirts must be cut no longer than 3 inches below the armpit. Sweatpants, modest shorts and similar items are considered appropriate attire. Athletic shoes (closed toe/closed heel) must be worn at all times, except during yoga classes.
- Flip flops, open back /open heel shoes, boots, black-soled shoes, jeans, and any pants with buttons or hardware (zippers/rivets) are prohibited.
- Until COVID-19 Restrictions are lifted, appropriate face masks or face coverings must be worn (mask must cover over the nose down to below the chin, and be secured to completely cover the mouth and nose)

# TCNJ Fitness Center at Campus Town



## Mission Statement

The TCNJ Fitness Center is committed to providing an exceptional facility that promotes and encourages a balanced, healthy lifestyle. We are dedicated to creating a safe and welcoming environment that enhances student learning and skill development, fosters enjoyment and appreciation for an active lifestyle, and enhances the TCNJ community overall.



### Did you know?

**All users must present a valid I.D. at the time of entry. Any I.D. not belonging to the bearer will be confiscated immediately and may result in disciplinary action.**

**Please be courteous and limit all cell phone and texting conversations away from workout areas of the Fitness Center. Using a cell phone to call and text during your workout and between sets is disruptive to fellow Fitness Center members.**

**All drinks in non-breakable, spill-proof, sealable containers are permitted. Non-twist-top bottles may only contain water.**


### Philosophy:

Research and surveys indicate that people are reluctant to begin an exercise program if they are intimidated within the environment. Therefore:

Upper body garments covering the **entire torso** are required in all activity areas to promote a welcoming, appropriate, and hygienic environment for all of its patrons.

Wearing proper attire also helps protect the skin from dirt, sweat, and other bacteria!

### NOT Permitted:



### Permitted:

