



The CORE Dress Code

While in the CORE we ask that you dress modestly. These policies are to ensure a comfortable & professional environment for everyone.

"Do not cause anyone to stumble..." I Corinthians 10:32

Shorts: Must be at least to mid-thigh, and cover undergarments completely. Short shorts or running shorts with side splits are not appropriate. Bike shorts & tights should be covered with a T-shirt or shorts.

Shirts: Must be worn at all times, and cover the mid-section (no exposed abs) "Spaghetti" straps or tanks that expose the ribs are not appropriate. Shirts advertising tobacco, alcohol or indecent behavior are not allowed.

Shoes: Must be worn at all times. Exception: when involved in a program that requires bare feet. Shoes worn on the wooden floors must have non-marking soles, no boots. Open toed footwear is not allowed in the workout areas, track, and basketball courts.

Thanks for respecting these guidelines. We look forward to seeing you in the CORE!

"...honor God with your body." I Corinthians 6:20

For more information, please contact Sharonda at 901-260-7836.