

Tips for a Family Friendly Fitness Environment

Bay Athletic Club Dress Code

At your request, many members have asked us to address the dress code policy. We've heard you. Here are the updated guidelines.

- Please wear sweat-absorbent clothing. No jeans.
- Please wear clean, freshly washed workout clothes.
- Please wear shorts over men's compression shorts. Compression shorts are not to be worn alone.
- Please wear a tank or t-shirt over a female sports bra. Sports bras are not to be worn alone.
- Please refrain from wearing the ultra-short girls' volleyball shorts. At least a 3" inseam is recommended.
- Please use deodorant and refrain from reapplying perfume/cologne before a workout.
- Please wear closed toe shoes. Working out bare foot or in sandals is not allowed.
- Please refrain from wearing clothing with profanity or inappropriate pictures depicted on it.



TEAM BAC



Questions or comments? Please connect with Chief Operating Officer Lara Torres face-to-face or at Lara@BayAthleticClub.com