ALL HPER Fitness Center members must wear appropriate workout attire at all times. Attire that is OFFENSIVE, SUGGESTIVE or REVEALING is NOT ACCEPTABLE and will result in you being asked to change immediately into acceptable attire or to leave the Fitness Center.

Only t-shirts, cut-offs and sleeveless shirts that cover the ENTIRE stomach and chest area are permitted in the University of Central Arkansas HPER Fitness Center.

Shirts covering your chest, back, sports bra, etc., assist in the prevention of staph and other fungal and viral infections from being passed from skin to pad or mat contact.

“Does your shirt make the cut?!”