

DRESS FOR SUCCESS IN GYM CLASS!

Gym Clothes



Students are encouraged to wear T-shirts, shorts, track pants, or leggings to class. Jeans, khaki's, cargo pants, skirts or dresses are not recommended.



Shoes



Clean, dry running shoes are mandatory. Wet, muddy running shoes, sandals, open-toed shoes, dress shoes or boots are not safe to use in the gym.



Long Hair and Jewelry



Long hair must be tied back. Hair elastics, headbands or bandanas are good options. Jewelry must be removed during classes.



Please learn the days that you have gym and come prepared to play!

Ms. Samuel

