

FITNESS CENTER

GSC's Main Campus
 Alan B. Mollohan Campus Community Center lower level

New free weights in 2021

Precor cardio and fitness equipment

Queenax Functional Fitness Frame - "The Wall"

Smart TV in Group Fitness Studio - *pull up your own workout!*

Equipment includes: boxing gloves, kettlebells,
 core-strengthening balls, TRX bands, and dumbbells

SCHEDULE											
	MON	TUE	WED	THUR	FRI	SAT	SUN				
6:30 AM											
7:00 AM	Open 7 AM - 8 PM	Open 7 AM - 8 PM	Open 7 AM - 8 PM	Open 7 AM - 8 PM	Open 7 AM - 8 PM						
7:30 AM											
8:00 AM											
8:30 AM											
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5:30 PM											
6:00 PM											
6:30 PM											
7:00 PM											
7:30 PM											
8:00 PM											
8:30 PM											

**Yoga will take place outdoors on Clark Hall Lawn, weather permitting.
 In the event of inclement weather, it will be held in the Fitness Center.*