



# MOLLOHAN FITNESS CENTER

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

Precor cardio and fitness equipment upgraded in 2018

Queenax Functional Fitness Frame - "The Wall"

Attendant available for Orientation

Group Fitness Studio

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

Convenient restrooms, lockers, and showers

[www.glenville.edu/life/fitness\\_center.php](http://www.glenville.edu/life/fitness_center.php)  
(304) 462-6441 | [Kathy.Gilbert@glenville.edu](mailto:Kathy.Gilbert@glenville.edu)

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## SPRING 2019

	MON	TUE	WED	THUR	FRI	SAT	SUN
6:00 AM	Open 6 AM - 8 PM	Open 6 AM - 8 PM	Open 6 AM - 8 PM	Open 6 AM - 8 PM	Open 6 AM - 8 PM		
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM						Open 11 AM - 2 PM	
12:30 PM							
1:00 PM							
1:30 PM		Dance Class (closed) 1:30-2:15 PM					
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM				YOGA 4:30- 5:30 PM			
5:00 PM							
5:30 PM							
6:00 PM							
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7:00 PM							
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8:00 PM							
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9:30 PM							
10:00 PM							