



# MOLLOHAN FITNESS CENTER

Located in the lower level of the Alan B. Mollohan  
Campus Community Center on GSC's Main Campus

All new Precor cardio and fitness equipment in 2018

Attendant available for Orientation

Group Fitness studio

A variety of 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)

# MOLLOHAN FITNESS CENTER SCHEDULE

## SUMMER 2019

	MON	TUE	WED	THUR	FRI	SAT	SUN
6:00 AM							
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						Center Open 11 AM - 2 PM	
11:30 AM							
12:00 PM	Center Open 12 - 6 PM	Center Open 12 - 6 PM	Center Open 12 - 6 PM	Center Open 12 - 6 PM	Center Open 12 - 6 PM		
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM				Yoga (all levels) 4:30- 5:30 PM			
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM							
9:30 PM							
10:00 PM							