

FITNESS & REC FACILITIES

at Glenville State College



Summer 2020

www.glenville.edu/life/fitness_center.php
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AQUATICS & RECREATION AT GLENVILLE STATE COLLEGE

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

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

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

SCHEDULE

	MON	TUE	WED	THUR	FRI	SAT	SUN
9:00 AM							
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM	Open 12 - 6 PM	Open 12 - 6 PM	Open 12 - 6 PM	Open 12 - 6 PM	Open 12 - 6 PM	Open 11 AM - 2 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							
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM							

*OUTDOOR YOGA TAKES PLACE ON CLARK HALL LAWN - bring your own mat or blanket

GSC POOL

GSC's Main Campus
 Health & Physical Education Building
 Enter at Student Support Services (near Parking Lot J)

35 laps (70 lengths) = 1 mile

25-yard heated tile pool

10' deep end and four lap lanes

Access Pool through Locker Rooms on main level

Available for Pool Parties and rental

SCHEDULE								
	MON	TUE	WED	THUR	FRI	SAT	SUN	
9:00 AM								
9:30 AM								
10:00 AM								
10:30 AM								
11:00 AM	Open Swim 11 AM - 1 PM		Open Swim 11 AM - 1 PM		Open Swim 11 AM - 1 PM			
11:30 AM								
12:00 PM				HEALING WATER 12 - 1 PM				Open Swim 12 PM - 3 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	Open Swim 4 - 8 PM				Open Swim 4 - 8 PM			
4:30 PM			AQUA STRETCH & TONE 4:30-5:15 PM					
5:00 PM								
5:30 PM								
6:00 PM				Open Swim 4 - 8 PM				
6:30 PM								
7:00 PM								
7:30 PM								
8:00 PM								
8:30 PM								
9:00 PM								

FITNESS MEMBERSHIP

GSC students use their ID for FREE access. All others may obtain a Key Tag for entry or pay a \$3 Day Rate.

Membership Key Tags are purchased at the Mollohan Fitness Center; the \$3 Day Rate is paid at the facility you are visiting.

Information about COVID-19 procedures at the Mollohan Fitness Center and GSC Pool can be found online at, www.glenville.edu.

FITNESS MEMBERSHIP CATEGORY

GSC Individual

Student/Faculty/Staff/Aramark

Free

GSC Family or Corporate Group (5 minimum)

Student/Faculty/Staff/Graduate/Retiree/Aramark + Immediate Family

\$60/six mos.

Community/Corrections Individual

\$20/mo.

Community Family

Individual + Immediate Family

\$30/mo.

Day Rate

Access to all Fitness Centers - including Group Fitness Classes

\$3



GLENVILLE
STATE COLLEGE