

# 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