FITNESS MEMBERSHIP

GSC provides some of the best fitness and recreational facilities in our area. We offer a variety of cardio equipment, weights, a basketball court, ping pong, shuffleboard, open swim, and group fitness classes.

GSC students use their ID for FREE access. Faculty and Staff use a Key Tag for entry.

Membership Key Tags are obtained at the Mollohan Fitness Center.

A $3 Day Rate can be paid at the facility you are visiting.

FITNESS MEMBERSHIP CATEGORY	PRICE
GSC Individual *Student/Faculty/Staff/Aramark*	FREE
GSC Family or Group (5 minimum) *Individual 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

www.glenville.edu/student-life/fitness-center
Visit to see more information, including "Know Before You Go" guidelines and precautions related to COVID-19

FITNESS & REC FACILITIES

at Glenville State College

Fitness Center

GSC Pool

Lilly Gymnasium

www.glenville.edu/life/fitness_center.php
(304) 462-6441 | Kathy.Gilbert@glenville.edu

FOLLOW US ON FACEBOOK:
AQUATICS & RECREATION AT GLENVILLE STATE COLLEGE

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
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							
9:00 AM							
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM						Open 11 AM - 2 PM	
11:30 AM							
12:00 PM		PILATES 12:15-12:45 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				STABILITY BALL VIRTUAL WORKOUT 4:15-4:45 PM			
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM			OUTDOOR YOGA* 6:15-7:15 PM				
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM							

* Outdoor Yoga takes place on Clark Hall Lawn; please 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, Youth or Adult Group and Private Swimming Lessons

SCHEDULE

	MON	TUE	WED	THUR	FRI	SAT	SUN
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	AQUA STRETCH & TONE 4:30-5:15 PM	Open Swim 4 - 8 PM	Open Swim 4 - 8 PM		
4:30 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							

LILLY GYM

GSC's Main Campus
Health and Physical Education Building
Enter at Main Entrance of Health and PE Building

Gymnasium dedicated to Jesse R. Lilly, Jr., former Athletic Director, Coach, and Teacher

Lilly Gym: 18 laps = 1 mile

Ping Pong Table in Student Lounge

Shuffleboard Courts

Equipment available to check out from Staff Attendant

SCHEDULE

	MON	TUE	WED	THUR	FRI	SAT	SUN
10:30 AM							
11:00 AM	Gym Open for Walking 11 AM - 1 PM		Gym Open for Walking 11 AM - 1 PM		Gym Open for Walking 11 AM - 1 PM		
11:30 AM							
12:00 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	Ping Pong 4 - 5 PM						
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM	Open 7 - 10 PM	Open 7 - 10 PM	Open 7 - 10 PM	Open 7 - 10 PM	Open 7 - 10 PM	Open 7 - 10 PM	Open 7 - 10 PM
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM							
9:30 PM							
10:00 PM							

- Please sign in with Staff Attendant on duty
- Only use during open hours