



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

FITNESS CENTER SCHEDULE

FALL 2020

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							
12:30 PM		PILATES 12:15-12:45 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							
6:30 PM				OUTDOOR YOGA* 6:15-7:15 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