FITNESS MEMBERSHIP

FITNESS MEMBERSHIP CATEGORY	PRICE
GSU Individual Student/Faculty/Staff/Aramark/Professor Emeretis	FREE
GSU Family or Group (5 MINIMUM-15 MAXIMUM) Immediate Family of: Student/Faculty/Staff/Graduate/ Retiree/Aramark/Clergy/First Responders CORPORATE GROP (5 minimum - 15 maximum)	\$60/six mos.
Community Individual	\$20/mo.
Community Family	\$30/mo.
Department of Corrections Individual	\$20/4 wks.
Day Rate Access to all Fitness Centers - including Group Fitness Classes	\$3

\$100/12 mos.

2024 SPECIAL

GSU Family AND Community

GLENVILLE STATE UNIVERSITY

FITNESS & REC FACILITIES

at Glenville State University





FALL 2024

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



FITNESS CENTER

GSU's Main Campus Alan B. Mollohan Campus Community Center lower level

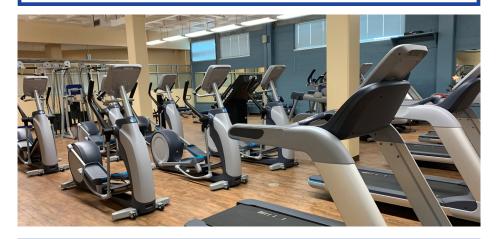
Two free weight stations
30 Minute Circuit Workout Center

Precor cardio and fitness equipment

Queenax Functional Fitness Frame - "The Wall"

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

Equipment includes: boxing gloves, kettlebells, stability balls, jump ropes, TRX bands, and dumbbells



FITNESS CENTER HOURS

Monday - Friday: 7:00AM-8:00PM

Saturday: 11:00AM-2:00PM

Sunday: Closed

POOL

GSU's Main Campus
Health & Physical Education Building
Enter at Public Safety side doors (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 First floor

Available for: Pool Parties and Rental, Youth or Adult Group and Private Swimming Lessons

POOL HOURS:

Monday, Wednesday, Friday: 11:00AM-1:00PM Monday - Friday: 4:00PM-7:00PM Sunday: 12:00PM3:00PM

AQUATIC GROUP FITNESS



AQUASTRETCH: Mondays: 1:00-2:00PM AQUAROCK: Wednesdays: 4:30-5:30PM