

FITNESS MEMBERSHIP

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

2024 SPECIAL
GSU Family AND Community

\$100/12 mos.



FITNESS & REC FACILITIES

at Glenville State University



FALL 2024

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



FOLLOW US ON FACEBOOK:
Aquatics & Recreation at Glenville State University

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: 12:00PM-3:00PM

AQUATIC GROUP FITNESS



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