

FITNESS MEMBERSHIP

FITNESS MEMBERSHIP CATEGORY	PRICE
GSU Individual <i>Student/Faculty/Staff/Aramark/Professor Emeritis</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.
Community Individual	\$20/mo.
Community Family*	\$30/mo.
Department of Corrections Individual	FREE
Day Rate Access to all Fitness Centers - including Group Fitness Classes	\$3

*Must be at least 16 years old to use Fitness Center.

** All ages permitted in Pool.

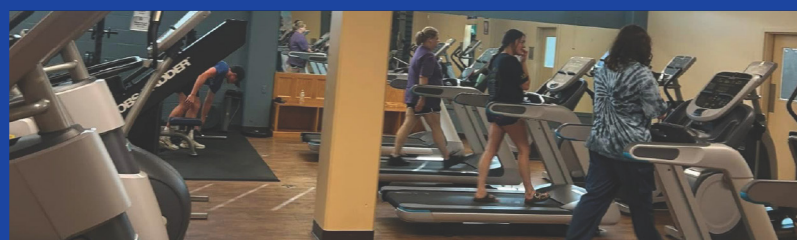
SPECIAL
GSU Family AND Community

\$100/12 mos.



GLENVILLE
STATE UNIVERSITY

Glenville State University FITNESS & REC FACILITIES



FOLLOW US ON FACEBOOK:

Aquatics & Recreation at Glenville State University

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

Smith machine

Two free weight stations

30 Minute Circuit Workout Center

Precor cardio and fitness equipment

Queenax Functional Fitness Frame - "The Wall"

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

FITNESS CENTER HOURS

Monday - Friday: 7AM-8PM

Saturday: 11AM-2PM

Sunday: Closed

LILLY GYM

GSU's Main Campus Health & Physical Education Building Main Entrance to Second Floor

LILLY GYM HOURS

18 Laps = 1 Mile

Open Gym:

Wednesdays: 8pm-10pm

Sundays: 6pm-9pm

PING PONG

in front Lobby

Tuesdays: 4pm-5pm

ROLLER SKATING

Mondays: 7pm-9pm



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

FREE Youth Stroke Club

POOL HOURS:

Monday, Wednesday, & Friday:

11AM - 1PM

Monday - Friday:

4PM - 7PM

Sunday

12PM - 3PM

AQUATIC GROUP FITNESS

AQUASTRETCH: Mondays: 1:00-2:00PM

AQUAROCK: Wednesdays: 4:30-5:30PM

* See Facebook: [AquaticsandRecreation@GlenvilleStateUniversity](https://www.facebook.com/AquaticsandRecreation@GlenvilleStateUniversity)

