

FITNESS MEMBERSHIP

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

Students use their GSU ID for FREE access.

Faculty and Staff use a Key Tag for entry.

Member Key Tags are obtained at the Mollohan Fitness Center.

Day Rate is \$3 and can be paid at the facility you are visiting.

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</i>	\$60/six mos.
Community/Corrections Individual	\$20/mo.
Community Family	\$30/mo.
Day Rate <i>Access to all Fitness Centers - including Group Fitness Classes</i>	\$3



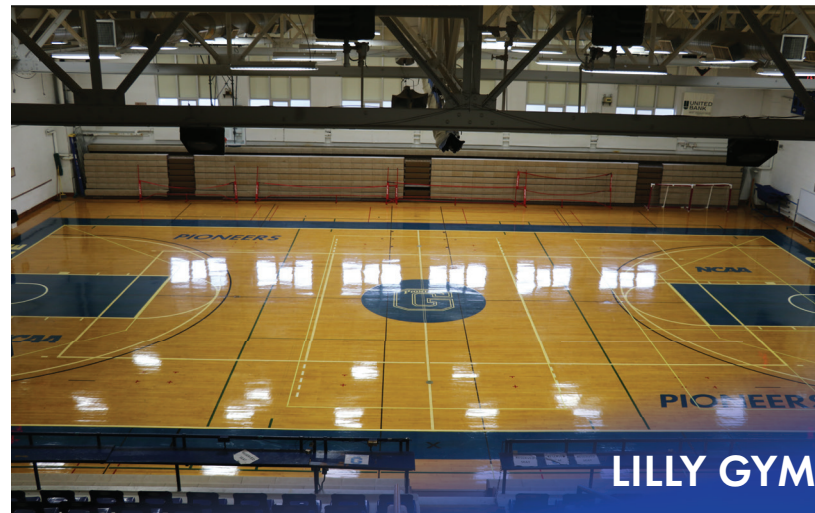
REVISED 08/10/22



FITNESS CENTER



POOL



LILLY GYM

FITNESS & REC FACILITIES

at Glenville State University



Fitness Center | Pool | Lilly Gym

FALL SEMESTER 2022

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

New free weights in 2021

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

Personal Training sessions available

SCHEDULE

	MON	TUE	WED	THUR	FRI	SAT	SUN
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM						Open 11 AM - 2 PM	
12:30 PM							
1:00 PM	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		
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM	YOGA 4:15- 5:15 PM						
5:00 PM							
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM							

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 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						
11:30 AM			Open Swim 11 AM - 1 PM		Open Swim 11 AM - 1 PM		
12:00 PM							
12:30 PM	WATER STRETCH 12-1 PM						
1:00 PM							
1:30 PM							Open Swim 12 - 3 PM
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM			AQUA ROCK 4:30 - 5:30 PM				
5:00 PM	Open Swim 4 - 7 PM	Open Swim 4 - 7 PM		Open Swim 4 - 7 PM	Open Swim 4 - 7 PM		
5:30 PM							
6:00 PM			Open Swim 4 - 7 PM				
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM							

LILLY GYM

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

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

Lilly Gym: 18 laps = 1 mile

Gym open last Friday night of the month 7:30-10:00 PM

Please sign in with Staff Attendant on duty. Use only during open hours.



Play Ping Pong with PhD's
Thursdays 1:30-2:30 PM

located in hallway outside of Lilly Gym

Intramural Basketball Teams forming now!
 Sign up to play: Bill.Lilly@glenville.edu

Pool Table in Student Lounge

Shuffleboard Courts