

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.

- use their GSU ID for FREE access.
- use a Key Tag for entry.
- are obtained at the Mollohan Fitness Center.
- is \$3 and can be paid at the facility you are visiting.

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</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

a Glenville State University



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

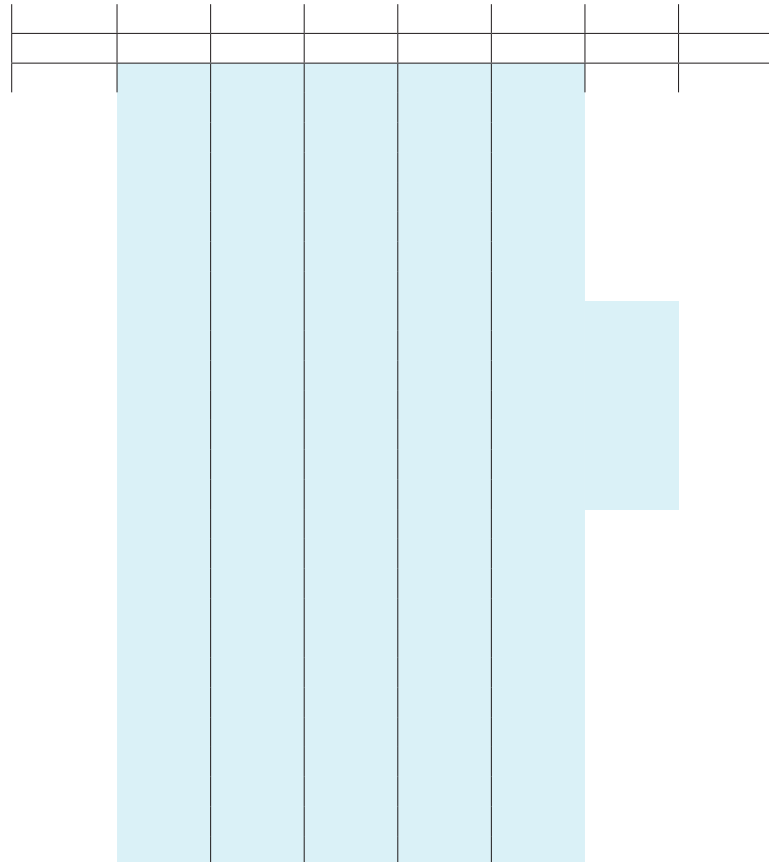
Precor cardio and fitness equipment

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



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.



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

Pool Table in Student Lounge

Shuffleboard Courts