

Workout More Than Brain Cells on Campus

Frances Humes, staff writer

The PVCC Fitness Center is open for all PVCC students, faculty, and staff. The Fitness Center is open six days out of the week, excluding Sunday. Monday and Wednesday the opening times are 7:30 a.m. to 5:15 p.m. and 6:45-9 p.m. Tuesday and Thursday the hours range 7:30-9:15 a.m. and 11 a.m. to 9 p.m. This leaves a lot of open times for those two days.

On Friday, the fitness center is open from 7:30 a.m. until 5 p.m. The last day of the week the fitness center is open is Saturday, with hours only ranging from 9 a.m. until 12 p.m.

Certain exceptions are made during fitness class times, which are also provided by PVCC.

Upon entering the fitness center you have to read and sign the pink risk form. This form can be found in front of the fitness center on the black

rack. It states that you are a current student and asks for an emergency contact name and number in case of a tragedy. The risk of an injury in the fitness center is personal. Any lost or stolen property is your own responsibility.

Lockers are provided, although you must provide a lock. Food is not allowed in the fitness center. Drinks are only allowed if in a metal or plastic container.

There will be an attendant on duty if you have any questions about the use of equipment or broken machinery.

Some Physical Education and Recreation courses are also taught in the Fitness Center. There are six courses to choose from, varying from fundamentals to Zumba, jazz and aerobic fitness.

Training and lifting are also monitored and recorded in the weight room.



The fitness center is in M173a on main campus. Photography by Frances Humes