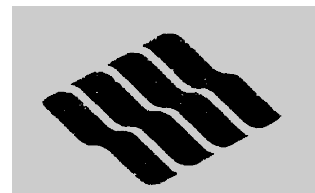


South Puget Sound Community College
Athletic Department



The Weight Room
and Cardio Room
are both located in
the Gymnasium,
Building 31.

Weight Room & Cardio Room
Hours of Operation

Weight-room Hours:
M/W/F: 6-8 am & 12-2 pm
T/Thur: 12-2 pm & 6:00-8:00 pm

Cardio Room Hours:
M/W/F: 6-8 am
M-Fri: 12-8:00 pm

Open Gym Hours:
T/Thur/F: 12:00-1:00 pm

