Hagerstown Community College Fitness Center

Fitness Center Fall Hours
- Monday through Thursday: 8 a.m. to 7 p.m.
- Friday: 8 a.m. to 6 p.m.
- Closed on weekends

Members of the center may choose from a variety of exercise equipment such as:
- Kettle bells
- Dumbbells
- Olympic barbells
- Bumper (rubber) plates
- Chains and irory woody bands
- Concept 2 rower
- Speed hurdles and ladder
- Medicine and dynamax balls
- Pyramid weight machines
- Stairmasters
- Treadmills
- Bikes (upright and recumbent)

Other amenities include:
- Full locker rooms
- Towel service
- Performance evaluations
- Personal nutrition consultation by appointment

HawkFit – Strength and Conditioning

Monday – Friday
7:00-7:45 (am) and 12:30-1:15 (pm)

Monday/ Wednesday
5:00-5:45 (pm)

Open to all Faculty/ Staff/ and Students

Ideology: Our prescription is constantly varied, high-intensity, functional movement that increases work capacity across broad time and modal domains. We believe in safety, efficacy, and efficiency of compound movements that increase your life capacity. The idea is to make you the best athlete YOU can be.