

Campus Gymnasium Hours

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Summary

Open weight room and basketball court hours, and intramural sports

Overview

The weight room and basketball court hours are posted at abtech.edu/fitness-opportunities.

Intramurals

A-B Tech offers a wide variety of intramural activities that are open for student and employee participation. You can find more information at abtech.edu/fitness-opportunities. Check the calendar portion of the [Student Handbook](#) for sign-up dates. For more information, contact Rhonda Davidson at (828) 398-7843 or rhondaldavidson@abtech.edu, or stop by the Coman Gymnasium, office 106, with any questions.

Gym Guidelines

Please wear proper attire in the gymnasium and weight room and have only plain water anywhere in the gym building. You must present your student ID

card and leave it with the Student Worker before being allowed to work out. You must sign in each time you use the facility.

Location

The gym is located in the Coman Student Activity Center. Locker rooms and showers are available for students, but they must bring their own towels.

Continuing Education and GED Students

Continuing Education and GED students can obtain a gym pass. Please see Rhonda Davidson in the Coman Gym. Bring proof of class attendance from the Continuing Education or Basic Skills Department, and a driver's license or state-issued photo ID. Be sure to dress in proper attire for the gym.

Key Words: gym, weights, weight lifting, fitness, basketball, gymnasium, gym hours, Coman, intramural, intramurals, volleyball, campus, campus gym

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