

UFC HOURS

Monday - Friday
6:00am-10:00pm

Saturdays
10:00am-6:00pm

Sundays
10:00am-4:00pm

UFC hours are modified during School Breaks.

The UFC is closed on all Observed Holidays.

FAQ

Is there a gym fee? NO

Is the gym sanitized on a regular basis? YES

Does the gym provide gym towels? NO

Can I have a shower after my work out? YES

Is there a water fountain in the gym? YES

Can I bring my own music box to the gym?
NO

**Can I purchase sport drinks, protein bars,
etc. at the gym? YES**

Am I allowed to eat in the gym? NO

american international college
of arts and sciences | antigua



WE ARE HERE FOR YOU...



University Fitness Center

AUA Wellness Center
University Park, Jabberwock Beach Road
P.O. Box 1451W
Coolidge, Antigua

Phone: 268-484-8900 x1204
E-mail: AUAFitnessCenter@auamed.net

University Fitness Center



UNIVERSITY
FITNESS CENTER

<https://uwc.auamed.org>

SERVICES

§FITNESS CONSULTATIONS

Fitness consultations include checking BMI, discussing health and fitness goals, and creating a nutrition plan.



§PERSONAL TRAINING

Personal trainers evaluate client bodily strengths and weaknesses and create customized workout plans every ten sessions.

UFC RUNNING CLUB

Running club teaches participants to help prevent injuries, run further and faster as well as enjoying longer running careers .

§WEIGHT LOSS & MEAL PREP SERVICES

available depending on demand . Prices vary depending on client health and fitness goals. Email for more information.



MASSAGE SERVICES

§BACK, NECK AND SHOULDERS

30 minutes

§DEEP CLEANSING FACIALS

60minutes

§SWEDISH MASSAGE

60 minutes

§DEEP TISSUE MASSAGE

60minutes

§PREGNANCY MASSAGE

Varies

§MASSAGE CHAIR

3 minutes

§SAUNA

30minutes



\$ - Service Requires a **FEE**

OUR STAFF

- ◆ **Ms. Cassandra Mason**, Gym Manager
- ◆ **Ms. Maria Lake**, Massage Wellness Therapist



GYM SERVICES

We offer a select variety of weight machines, cardio machines, conditioning machines, and fitness accessories.

For more information on UFC services, contact AUAFitnessCenter@auamed.net

PATRONS

Services are available to students who are actively enrolled in academic course work, along with all faculty and staff employed by AUA/AICASA.