

UFC HOURS

Monday - Friday
5:00am-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.



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
E-mail: AUASpa@auamed.net

University Fitness Center



UNIVERSITY
FITNESS CENTER

<https://uwc.auamed.org>

GYM FAQ

Is there a gym fee? NO

Is the gym sanitized on a regular basis? YES

Does the gym provide gym towels? NO

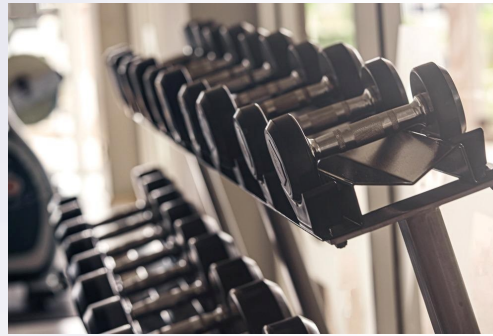
Can I have a shower after my workout? YES

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? NO

Am I allowed to eat in the gym? NO
You may bring a water bottle.



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

UFC (Gym & Spa) PATRONS

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

UNIVERSITY WELLNESS SPA

Several types of massages are offered. A massage chair and a sauna are also available. There is a fee for Spa services.



The graphic features the University Fitness Center logo at the top, which includes a red flower icon. Below the logo, the text 'UNIVERSITY WELLNESS SPA' is displayed in a serif font, with 'WELLNESS' in red. A teal banner contains the text 'BY APPOINTMENT ONLY' in white, bold, sans-serif font. Below the banner is a QR code and the URL 'https://tinyurl.com/WellnessSpaAppointments'. At the bottom, the business hours are listed in red, sans-serif font: Monday-Friday 5:00 am - 10:00 pm, Saturday 10:00 am - 6:00 pm, and Sunday 10:00 am - 4:00 pm. A small disclaimer at the very bottom states: 'The University Wellness Spa hours will be modified during School Breaks and closed on all Observed Holidays.'

UNIVERSITY WELLNESS SPA

BY APPOINTMENT ONLY

<https://tinyurl.com/WellnessSpaAppointments>

BUSINESS HOURS
Monday-Friday
5:00 am - 10:00 pm
Saturday
10:00 am - 6:00 pm
Sunday
10:00 am - 4:00 pm

The University Wellness Spa hours will be modified during School Breaks and closed on all Observed Holidays.