



# Washington and Lee Athletics

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## WASHINGTON AND LEE FITNESS CENTER

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### General Information

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### Links

- [National Strength and Conditioning Association](#)
- [USA Weightlifting](#)
- [NCAA](#)
- [American College of Sports Medicine](#)
- [W&L Intramurals & Recreation](#)

### [Summer Hours of Operation](#)

Monday - Friday      7:00 am - 6:00 pm  
 Saturday - Sunday    Closed

### [Who is Eligible to use the Fitness Center?](#)

The Washington and Lee University fitness center is available for use by W&L students, faculty and staff, spouses and children of W&L employees and W&L alumni living in Rockbridge County. Eligible parties may bring one guest with them, but the eligible person must be present.



Contact: [Chris Schall](#)  
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