

SBU WELLNESS CENTER EXPANDS HOURS; MEMBERSHIPS AVAILABLE



BOLIVAR, Mo. — Southwest Baptist University's [Meyer Wellness and Sports Center](#) is expanding hours and offering memberships to the general public.

New hours effective Monday, July 6, are:

- Monday-Friday: 5 a.m.-1 p.m. and 4-8 p.m.
- Saturday: Noon-3 p.m.
- Sunday: Closed

Pool hours are being expanded, as well:

- Monday-Friday: 4-7 p.m.
- Saturday: Noon-3 p.m.
- Sunday: Closed

"Many people think the SBU fitness center is only open for use by SBU students and employees," said Brad Beckham, director of the Meyer Wellness and Sports Center. "We currently have several community members using our facilities on a regular basis, and we would welcome more."

Wellness Center features include an indoor running/walking track; three courts for playing basketball, volleyball or other games; indoor swimming pool; fitness classes; fitness room with cardio and weight equipment; climbing wall for rock climbing and bouldering; and four racquetball courts.

Membership rates are \$42 monthly for an individual, \$60 monthly for an adult couple and \$69 monthly for a family with discounted rates for SBU alumni and anyone over the age of 65. Members who pay annually receive two months free.

For more information about a fitness membership, call (417) 328-1419 or visit SBUuniv.info/fitness.

*Published: 6-30-2020