

Campus Resources

- **Academic Calendar**
 - missouristate.edu/Registrar/2025-2026-academic-calendar.htm
- **Academic Care Team**.....CAST@MissouriState.edu
 - Submit an Academic Care Team Referral:
missouristate.edu/AcademicSuccess/academic-care-team.htm
- **Bear Breaks** – immersion trips.....cce@MissouriState.edu
 - missouristate.edu/CCE/immersion-trips.htm
- **Bear Cave – Student Resource Center**.....417-836-4483
 - missouristate.edu/studentresourcecenter/
- **BearLine** – shuttle system
 - Download the Passio GO! app:
 - missouristate.edu/Transportation/BearLine/default.htm
- **Bear Pantry**.....cce@MissouriState.edu
 - missouristate.edu/CCE/bear-pantry.htm
- **Behavioral Intervention Team (BIT Team)**....DeanofStudentsOffice@MissouriState.edu
 - Submit a BIT report: missouristate.edu/dos/bit/
- **Beyond Grad School** – career tool.....GraduateRecruitment@MissouriState.edu
 - graduate.missouristate.edu/CurrentStudents/CareerResources.htm
- **Bursar's Office** – pay university fees.....Bursar@MissouriState.edu
 - missouristate.edu/Bursar/default.htm
- **Career Center**.....CareerCenter@MissouriState.edu
 - careercenter.missouristate.edu/
- **CopyThis**.....PrintingServices@MissouriState.edu
 - missouristate.edu/printingandpostal/printing/copythis.htm
- **Counseling Center**.....CounselingCenter@MissouriState.edu
 - counselingcenter.missouristate.edu/
 - Body U – self guided educational program designed to help manage physical and mental health
 - Online Screenings – anonymous screenings
 - Togetherall – online community for MO State students
 - Welltrack Boost – online tools for students
- **Disability Resource Center**.....DRC@MissouriState.edu
 - missouristate.edu/disability/
- **Emergency Funding**.....FinancialAid@MissouriState.edu
 - missouristate.edu/FinancialAid/emergency-funding.htm
- **Event Calendar**
 - calendar.missouristate.edu/
- **Financial Aid Office** – for information on scholarships, loans, and graduate assistantship tuition/fee waivers.....FinancialAid@MissouriState.edu
 - missouristate.edu/FinancialAid/default.htm
- **Foster Recreation Center**.....CampusRecreation@MissouriState.edu
 - missouristate.edu/Recreation/default.htm

- **Graduate Student Senate**.....GradStudentSenate@MissouriState.edu
 - missouristate.edu/Organizations/GSS/default.htm
- **International Services**.....InternationalServices@MissouriState.edu
 - international.missouristate.edu/Services/default.htm
- **IT Support** - submit a ticket online or call for immediate support.....417-836-5891
 - helpdesk.missouristate.edu/
- **Magers Health and Wellness Clinic**..... Health@MissouriState.edu
 - health.missouristate.edu/
- **Meyer Library**.....Library@MissouriState.edu
 - libraries.missouristate.edu/default.htm
- **Missouri State Bookstore**.....Bookstore@MissouriState.edu
 - shop.missouristatebookstore.com/
- **Office of Student Engagement**.....StudentEngagement@MissouriState.edu
 - BearLink – find a complete list of student organizations
 - missouristate.presence.io/
- **Physical Therapy Clinic**.....417-836-3070
 - missouristate.edu/SHCP/PTClinic/
- **Postal Services** - on campus.....PostalServices@MissouriState.edu
 - missouristate.edu/PrintingAndPostal/Postal/default.htm
- **Research and Conference Travel Support**.....GraduateCollege@MissouriState.edu
 - graduate.missouristate.edu/CurrentStudents/Forms.htm
- **Safety and Emergency Services** - emergency line.....417-836-5509
 - missouristate.edu/Services/emergency.htm
 - Download the BearShield app: missouristate.edu/Safety/missouri-state-alert-guidelines-and-support.htm
- **Title IX Office**.....Compliance@MissouriState.edu
 - missouristate.edu/TitleIX/default.htm
- **Thesis and dissertation support**.....GraduateThesisServices@MissouriState.edu
 - graduate.missouristate.edu/CurrentStudents/ThesisResources.htm
- **University lost and found** - Plaster Student Union front desk
 - missouristate.edu/Information/lostfound.htm
- **Undergraduate and graduate catalog**
 - catalog.missouristate.edu/
- **Writing Center/Bear Claw**.....MichaelFrizell@MissouriState.edu
 - writingcenter.missouristate.edu/

GET STARTED ON BEYOND GRADUATE SCHOOL



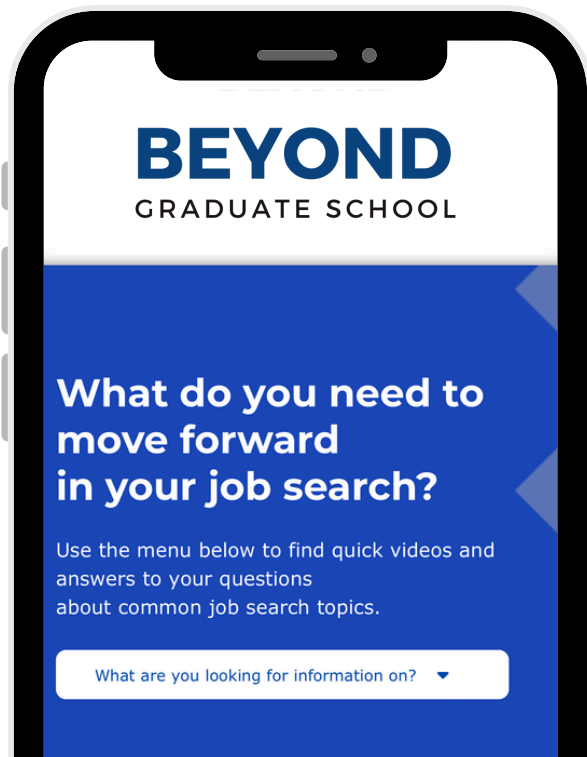
Head to **institutions.beyondgradschool.com** and select **Missouri State University**



Login with your **BearPass ID + password**



As a master's student, **you have access to a unique career training platform designed specifically for master's graduates.** Access templates, workbooks, step by step guides, as well as live workshops and conferences to help you explore career options and move forward in your **job search after graduate school.**



Log in to **Beyond Graduate School**



Visit the **Missouri State University Career Center**

HOW CAN THE **CAREER CENTER** SUPPORT YOU?

STUDENT SUPPORT

At the Career Center, our mission is to empower all MSU students + alumni for lifelong success by providing comprehensive career development services. Whether you are deciding your major, ready to jump into internships + employment, or needing extra tips for interviews + resume building - we are here for you.

CAREER EXPLORATION

- Career Assessments
- Networking Events
- Job Shadowing
- "What can I do with this major?"
- Internship Opportunities
- Career Fairs and Events
- IDS 120 Course: Exploring Majors + Careers

JOB READINESS

- Resume, CV + Cover Letter Reviews
- Job Search + Mock Interviews
- Salary Negotiations

JOB RESOURCES

- Handshake
- LinkedIn
- GoinGlobal
- Big Interview

GRADUATE SCHOOL PREPARATION

- Personal Statement/Statement of Purpose Reviews
- Application Process + Timetable Reviews
- Advising + Career Counseling Services

Reach out to schedule an appointment or get more information. **Follow us** on socials to stay updated this semester.
Thank you!

Career Center
MISSOURI STATE UNIVERSITY



GET STARTED ON *Handshake*



Head to **missouristate.joinhandshake.com** +
download the free mobile Handshake app

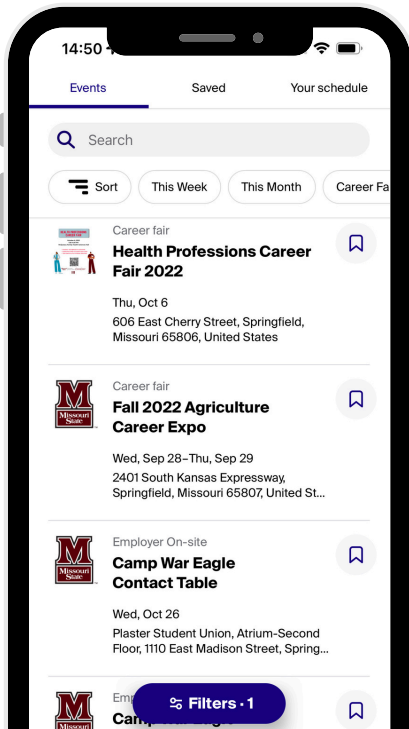


Login with your **BearPass ID + password**



Get connected! Use Handshake to:

- Make Career Center appointments
- Stay up to date on Career Fairs + events
- Get recruited by top employers for full time, part time jobs, internships + more





1st Floor - Meyer Library

Mission

As part of the division of Student Success, our mission is to empower students to reach their academic, personal, and professional goals by providing high-impact learning experiences. The Bear CLAW focuses on supporting students, faculty, and staff through a learning environment that encourages social interaction and collaborative work. With this additional academic support, we provide services to advance the Public Affairs Mission.

Services (Hours vary by service and semester)

- Subject Area Tutoring (in-person and online)
- Workshops (Absent Professor Program)
- Peer Assisted Study Session (PASS) Program
- Writing Center (in-person and online)
- Computer Lab and Presentation Booth
- Student Employment or Volunteer hours
- Group Study Sessions

Workshop topics for groups and classes

- ✓ Bear CLAW General Information
- ✓ Academic Writing or Citation Methods
- ✓ Note-taking
- ✓ Test Prep and Test Taking
- ✓ Habits of Successful College Students
- ✓ Study Skills
- ✓ Preparing for Finals

Helpful Graduate Student Information

All Bear CLAW employees are students. Therefore, most of the individual subject area tutoring is for undergraduate students but feel free to check with us if you do need assistance. If you are working as a Graduate Assistant or Teaching Assistant, you are welcome to hold office hours in the Bear CLAW just be sure we know so we can help you schedule. Please refer students to the Bear CLAW for academic assistance!

Graduate students generally find working with their faculty member or other students in the class is the best way to seek additional academic support. Feel free to reach out to Dr. Diana Garland (DianaGarland@MissouriState.edu) if you would like assistance setting up a study group for your course or program. She can also assist with setting up projects to earn on-campus service hours.

The Writing and Presentation Center is also located in the Bear CLAW. Graduate students and faculty can schedule an appointment with a consultant to enhance their writing. Michael Frizell, (MichaelFrizell@MissouriState.edu) frequently will set-up a writing retreat for assistance with thesis papers or other writing intensive assignments.

All Bear CLAW services are provided free of charge. Because our employees are students, services end the last day of classes and are not available when classes are not in session.

Michael Frizell, MFA
Director of Student Learning Services
E-Mail: MichaelFrizell@MissouriState.edu
Campus Location: Meyer 112

Diana Garland, EdD
Director of the Learning Commons
E-Mail: DianaGarland@MissouriState.edu
Campus Location: Meyer 113

Visit us in Meyer Library or discover Student Success Resources on your My Missouri State Portal.
bearclaw.missouristate.edu

MISSOURI
STATE

WRITING CENTER

Writers helping writers survive...and thrive!

- Free individual tutoring
- Free workshops
- Writing and reading space
- Free handouts
- Computers with internet access
- Reference materials

What you can expect

- A comfortable, friendly environment
- Proofreading techniques, but not proofreading
- Attention to your ideas
- Respect for you and your writing

The Writing Center works with:

- Undergraduates and Graduates
- Faculty and Staff



To schedule an appointment, call (417) 836-6398!
<http://writingcenter.missouristate.edu>

**Meyer Library
Learning Commons
First Floor
Call: (417) 836-6398**

Missouri State
UNIVERSITY
An Equal Opportunity / Affirmative Action Institution



Magers Health Center and Wellness Center

901 S. National Avenue
Springfield, Missouri 65897
ph: (417)836-4000
www.health.missouristate.edu



Primary Care Clinic Services:

- Medical - Routine and Preventative
- Women's Health and Gynecology
- Psychiatry and Counseling
- Dietician/ Diabetic Educator
- Radiology
- Laboratory
- Treatment - allergy shots, immunizations, TB testing
- Athletic, Academic & Employment Physicals
- Travel Medicine

Pharmacy:

- New Prescriptions
- Transfer existing prescriptions
- Accepts most insurances

Magers Health and Wellness Center

Days of Operation:

- Monday - Friday



MyHealth Portal



- Access medical, lab and xray results
- Update medical information:
 - Allergies
 - Demographics
 - Health History
 - Preferred names
 - Medications
- Prescription refills/transfer requests
- Receive text messages
- Email appointment reminders



Missouri State

Know Before You Go

- We encourage all appointment to be pre-scheduled.
 - Day-of-appointments are prioritized by severity
 - Bring a copy of your most current health insurance card
 - Magers is not contracted with most insurance companies - We do courtesy file but do not guarantee payment. Check with your insurance company
 - Charges can be paid day of service OR deferred to your student university account for medical and pharmacy charges
 - If using an Health Savings Account (HSA) to pay your charges, you must present the physical card the day of service.
 - We are not in network with Medicaid, MoHealth or Tricare services. Nor do we courtesy file with these networks.
 - Patients 18 years or older are responsible for making their own appointments.
 - Release of information for medical and billing is completed at time of service.
-

Zero Cost (Part of the Student Health Fee)

- Ear issue
- Eye issue (medical only)
- Skin issue - mole check, rash, burn, wart
- Cold and respiratory symptoms
- Flu symptoms
- Genital concern
- Birth Control consults
- Medication refills
- Follow-up appointment
- Blood pressure check
- Flu vaccination

Lab Test:

- CBC (Complete Blood Count)
- Rapid Strep test
- Rapid Mono Blood test
- Urinalysis (excluding urine culture)

Charges That May Incur

- Orthopedic injuries and/or pain - ankle, knee, leg, hip, shoulder, wrist, arm back, neck etc.
- Minor Injuries
- Abdominal issues
- Depression/Anxiety
- Diabetes
- Blood pressure issues
- Thyroid issues
- Gynecology concerns
- Urgent Care and Hospital follow-ups
- Student physicals - Personal - Program or Work
- Labs (not previously mentioned)
- Covid or Flu testing
- Tuberculosis testing
- Immunizations
- Allergy Shots
- X-rays
- Medication
- Specialist Appointments - Psychiatrist, Counselor, Dietitian and Diabetic Educator

**Missouri
State**

BILL AND LUCILLE MAGERS FAMILY
HEALTH AND WELLNESS CENTER

MSU
Student
Wellness



Follow Us!



@MoStateBearCare

The Student
Counseling
Center



GRADUATE STUDENT SENATE

Make a real impact on graduate student life by joining the Graduate Student Senate. GSS empowers students to take part in university decision-making, advocate for graduate needs, and strengthen the graduate community at MSU.



Why Get Involved?



STUDENT ADVOCACY

Represent graduate student voices and contribute to positive change on campus.



MEANINGFUL CONNECTIONS

Build relationships with fellow students, faculty, and university leadership.



LEADERSHIP DEVELOPMENT

Gain real-world leadership experience through initiatives and campus decision-making.



PROFESSIONAL GROWTH

Enhance your resume with governance and student leadership experience.

GradStudentSenate@MissouriState.edu 

Carrington Hall, Room 306 

www.missouristate.edu/Organizations/GSS 

www.linkedin.com/company/graduate-student-senate 

Connect With Us



Back to School GRADBEAR GAME NIGHT



Thursday, August 28

5:30 PM to 7:30 PM

Plaster Student Union Game Center (Level 1)

Start your fall 2025 semester with games, snacks, and great company! Come hang out with fellow graduate students for a casual evening full of fun and connection.



MARY JEAN PRICE WALLS STUDENT RESOURCE CENTER

PROGRAMMING MODEL

The Bear Cave Student Resource Center is a central space for students to explore their goals, develop personal growth strategies, and build a sense of belonging. Our 5-lens programming model guides our efforts to create meaningful, well-rounded experiences that help students thrive both on campus and beyond. Our Programs and Initiatives seek to:

Academic Success

- support the academic journey of students through workshops, tutoring referrals, and enrichment opportunities. Provide resources and events that encourage engagement and persistence through graduation

Professional Development

- promote access to professional skill development, ensure financial literacy education is available, and provide opportunities to network with other students, faculty, and staff.

Leadership Development

- promote leadership, ensure students possess the skills to self-reflect and grow from hardship, and understand the value of advocacy, social activism, and justice.

Global Development

- promote understanding of cultures and communities, ensure respect for persons and cultures, and encourage an open, culturally welcoming climate on campus.

Community Empowerment

- create specific and tailored experiences for distinct communities on campus, foster strong networks and friendships, and improve the bonds between the students, faculty, and staff and the Greater Springfield Community.



TAKE A VIRTUAL TOUR

Explore the SRC, from anywhere

missouristate.edu/StudentResourceCenter/mostatesrc-src.htm

CALENDAR OF EVENTS

All our programming events can be found

online. calendar.missouristate.edu/#events/tag/StudentResourceCenter



Missouri State
UNIVERSITY

Division of Student Affairs

MJPW Student Resource Center Bear Cave



missouristate.edu/StudentResourceCenter

MAKE YOUR
MISSOURI
STATEMENT.



MARY JEAN PRICE WALLS STUDENT RESOURCE CENTER-BEAR CAVE

Hours of Operation: M-F 8am – 5pm

OPEN-ACCESS COMPUTER LAB

The SRC is equipped with four open-access computers and free black and white printing.

RETREAT AND REFOCUS ROOM

Open to anyone on campus who may need a quiet space for de-stress and recharge throughout the day.

BEAR CAVE CLOSET

Open to any student in need, professional clothing for interviews, professional wear, clothes for different seasons, or hygiene essentials, the closet is open to all students.

RESOURCE LIBRARY

Contains fiction and entertainment books, standardized test prep materials, and craft items for projects and assignments.

QUIET SPACES

The SRC houses two quiet spaces. Visitors are always welcome to use these spaces if you need to take a test, meet with someone, or just need a quiet place to be.

COLLABORATION ROOMS

A group study rooms perfect for mastering group projects, conference calls, and smaller study groups.

COMMONS SPACE

This space hosts panels, trainings, student organization meetings, etc. This space can be reserved and can be rearranged to accommodate requestors needs.



PROGRAMS AND INITIATIVES

TUESDAY TALKS

Topics include financial literacy, fiscal management, taxes, loans, car maintenance, networking and social media branding, and healthy relationships, mental health, etc.

PROGRAMMING EVENTS

These month-long celebrations provide the opportunity for the campus community and city of Springfield to engage with the rich cultural history of the world. Events are open to all students.

STUDENT ACHIEVEMENT CELEBRATION

Students through their involvement in a variety of International Programs, Disability Resource Center, student employment, peer mentoring, or participation in the Engaged Citizen Award will be honored for making Missouri State University a welcoming and just community.

LEADERSHIP DEVELOPMENT

Students can join multiple sessions throughout a year and participate in the leadership development. The sessions are led by our own faculty & staff but also local and global organizations. Follow us on our socials to learn more!

LUNCH & LEARN SERIES

Throughout the year, we have multiple Lunch & Learn sessions where you get exposed to faculty and staff talking about the research happening on campus. Additionally, you can hear first-hand about some of the most amazing resources on campus.

STUDENT RESOURCE CENTER- BEAR CAVE

ONE OF THE WAYS TO STAY IN TOUCH WITH US IS THROUGH *THE SHOUTOUT*. THE SHOUTOUT IS A NEWSLETTER SENT TO YOU EVERY TWO WEEKS HIGHLIGHTING THE MOST CRUCIAL EVENTS, INITIATIVES, AND OPPORTUNITIES ON CAMPUS. QR TO JOIN.



YOU CAN ALSO FOLLOW US ON INSTAGRAM. WE USE INSTAGRAM TO HIGHLIGHT STUDENT ORGANIZATIONS, SHARE RESOURCE, AND ANSWER QUESTIONS. @MOSTATEBEARCAVE QR TO JOIN.





Missouri State University is a public university system with students who come from all over Missouri, the nation, and the world. We are a close-knit community of passionate and steadfast learners committed to ethical leadership, cultural competence, and community engagement. Those pillars of the university's unique public affairs mission, granted to us by the Missouri General Assembly.

Contact Us

Location:

Plaster Student Union, Room 405

Phone:

417-836-5527

Email:

DeanofStudentsOffice@missouristate.edu

Website:

<https://www.missouristate.edu/DOS/BIT/>

Referral:

<https://www.missouristate.edu/DOS/BIT/campus-report-form.htm>



Behavioral Intervention Team (BIT)



What is BIT?

Missouri State's Behavioral Intervention Team (BIT) provides supportive resources for the identification, assessment and intervention of concerning behavior that raises concerns within the University Community.

When to refer a student:

Sudden changes in appearance, mood, or performance

Mention dealing with mental health, substance use, eating disorders, etc.

Expressions of hopelessness, worthlessness, etc.

Experiencing medical concerns

What should you do in the event of an emergency?

BIT referrals are not monitored 24/7. If there is an immediate concern for safety, call 911 or University Safety at 417-836-5509 and then submit a referral.

To request a training about the Behavioral Intervention Team, contact the Deans of Students Office.

How to make a referral?

The easiest way to share information is by submitting a referral which can be found on our website:

<https://www.missouristate.edu/DOS/BIT/>

How the BIT can help:

Outreach to student(s) who are struggling.

Connecting students to resources both on and off campus.

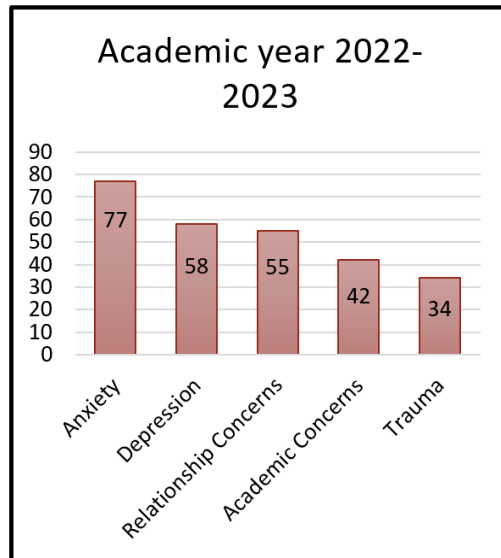
Assistance with coordinating health related absences from classes.

“Supporting student wellbeing, development, and success.”



Our Location:
Magers Health and Wellness
Center, Suite 304

During the academic year 2022-2023, the MSU Counseling Center staff provided 4,574 counseling sessions and counseled a total of 1,014 MSU students. To your right you can find a graph listing the top five concerns reported by students. In addition, our office also reached 3242 students, faculty, and staff through our outreach programs. For more details please visit counselingcenter.missouristate.edu and review our Annual Report.



HOURS

Monday through Friday - 8:00 am to 5:00 pm

CONTACT US

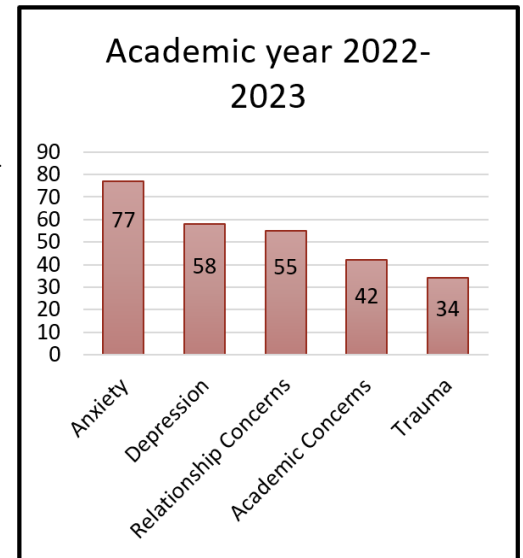
(417) 836-5116 - CounselingCenter@MissouriState.edu

“Supporting student wellbeing, development, and success.”



Our Location:
Magers Health and Wellness
Center, Suite 304

During the academic year 2022-2023, the MSU Counseling Center staff provided 4,574 counseling sessions and counseled a total of 1,014 MSU students. To your right you can find a graph listing the top five concerns reported by students. In addition, our office also reached 3242 students, faculty, and staff through our outreach programs. For more details please visit counselingcenter.missouristate.edu and review our Annual Report.



HOURS

Monday through Friday - 8:00 am to 5:00 pm

CONTACT US

(417) 836-5116 - CounselingCenter@MissouriState.edu

Below is our Personalized Care model illustrating the categories of services offered.



Our services are:

- Confidential
- Require no additional fee
- Available to all current MSU students*

*(Direct counseling services are only available to students located in the state of Missouri at the time of the session due to licensure regulations)

Consultation and referral services are available to the whole campus community.

For more information about our current staff members, resources, programs, and to request a presentation please visit our website (counselingcenter.missouristate.edu) or scan the QR code.



For after-hours mental health crisis assistance call our office number (417-836-5116) and press zero to speak with a crisis counselor, or call 988. In case of immediate danger call 911.

Below is our Personalized Care model illustrating the categories of services offered.



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Hours of operation

FOSTER RECREATION CENTER

Mon - Thu | 6:00am - 10:00pm

Fri | 6:00am to 7:00pm

Sat - Sun | 11:00am to 7:00pm

AQUATICS CENTER

Mon - Thu | 7:00am to 9:00am | 11:00am to 9:30pm

Fri | 7:00am 9:00am | 11:00am to 6:30pm

Sat - Sun | 11:00am to 6:30pm

OA RESOURCE DESK

CLIMBING WALL

Mon - Thu | 3:00pm to 8:30pm

Mon - Thu | 3:00pm to 8:30pm

Fri - Sat | 3:00pm to 6:30pm

Fri - Sat | 3:00pm to 6:30pm

****Summer hours differ.**

Contact Information

417.836.5334 | campusrecreation@missouristate.edu

<https://www.missouristate.edu/recreation>

Who We Are

Campus Recreation is a **COMMUNITY** dedicated to providing **OPPORTUNITIES** for recreation and wellness that develop **HEALTHY** and **ENGAGED** citizens.



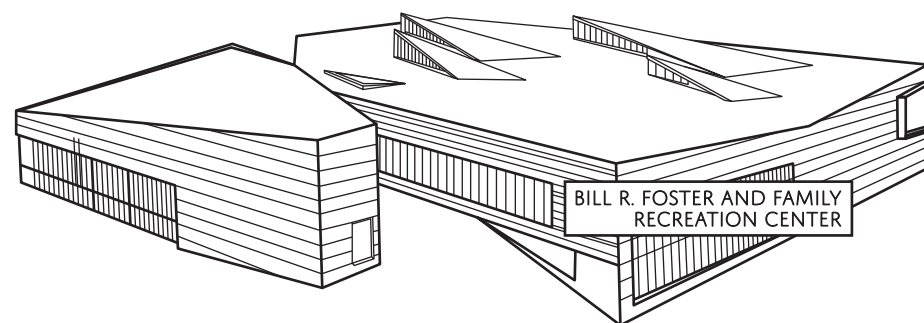
Facebook: MSU Campus Recreation
Twitter: @_MSUCampusRec
Youtube: Missouri State University Campus Recreation
Instagram: MSUCampusRecreation

STUDENT GUIDE

Missouri State
UNIVERSITY



CAMPUS
RECREATION



BILL R. FOSTER AND FAMILY
RECREATION CENTER

FITNESS: Facility features include cardio and free weight floors, drop-in group fitness classes known as BearFit, and personal training.

AQUATICS: Opportunities for lap swimming, informal exercise, American Red Cross CPR/First Aid and Lifeguard Certifications.

RECREATIONAL SPORTS: Students are eligible to participate in Rec Sports with a \$25 semester membership.

OUTDOOR ADVENTURES: Rent outdoor equipment, go on an adventure trip, or utilize our climbing wall.

Memberships and Services

Current students assessed the full student service fee are members of the FRC. Current students not assessed the full Springfield campus student service fee will owe additional fees toward the membership on their first visit. Fees are based on seated and online credit hours taken in the semester.

You may purchase memberships, locker rentals, personal training sessions, BearFit passes, American Red Cross certifications, and register for Rec Sports at the Welcome Desk or go to <https://recportal.missouristate.edu>

To learn more about Campus Recreation, visit our website.

Locker Rental and Towel Service

Lockers may be rented with an active membership at the Welcome Desk and Towel Service is included.

FALL, SPRING, & SUMMER: Full - \$30 | Half - \$24

ACADEMIC YEAR (FALL & SPRING): Full \$54 | Half - \$42

ANNUAL: Full - \$72 | Half - \$60

Renting the FRC

Students may reserve a studio or the multi-activity court up to 1 day in advance for free. Visit <https://recportal.missouristate.edu/booking> to reserve a space.

Student organizations may rent areas of the FRC for events and gatherings. If interested, please contact us at campusrecreation@missouristate.edu or by calling 417.836.5334. Reservation forms are available online.

Special Events

HAUNTED TRAIL: (October) Every year students get to experience the Foster Recreation Center as it transforms into a Haunted Trail.

RECFEST: (September) RecFest is the celebration of Campus Recreation and what we offer to our patrons.

GLOW CLIMB: (August) A one day climbing event held under blacklight. Solve routes while enjoying food and dancing.

Features

RECREATIONAL POOL with warm water, lap lanes, underwater seating with hydrotherapy jets, and **WATER-CURRENT CHANNEL**

SPA in the aquatic center: seats 12 to 14

SAUNA

OUTDOOR PATIO open seasonally

INDOOR JOGGING TRACK (6.5 laps = 1 mile)

FITNESS CENTER with cardiovascular and strength training equipment

Top-rope and **BOULDER CLIMBING**

BASKETBALL/VOLLEYBALL courts

MULTI-ACTIVITY COURT to play sports such as badminton, indoor soccer, and dodgeball

STUDIOS for dancing and fitness classes

Men's, women's, and universal **LOCKER ROOMS**

Several "green" features: **PURSUING SILVER LEED** (Leadership in Energy and Environmental Design) certification for building

Download the App!



APPLE



ANDROID



Mon

HIIT

7:00-8:00 AM
Studio A w/ Jack

Sunrise Cycle

7:00-8:00 AM
Studio C w/ Caroline

Pilates

7:30-8:30 AM
Studio B w/ Noah

HIIT

4:00-5:00 PM
Studio A w/ Jack

Zumba

5:30-6:30 PM
Studio A w/ Joi

Pilates

6:00-7:00 PM
Studio B w/ Noah

Tues

Sunrise Cycle

7:00-8:00 AM
Studio C w/ Brockton

Pilates

7:30-8:30 AM
Studio B w/ Noah

Dance Fit

4:00-5:00 PM
Studio A w/ Marissa

Sunset Cycle

5:00-6:00 PM
Studio C w/ Caroline

HIIT

5:00-6:00 PM
Studio B w/ Caroline

Wed

HIIT

7:00-8:00 AM
Studio A w/ Jack

Sunrise Cycle

7:00-8:00 AM
Studio C w/ Caroline

Pilates

7:30-8:30 AM
Studio B w/ Noah

HIIT

4:00-5:00 PM
Studio A w/ Jack

Zumba

5:30-6:30 PM
Studio A w/ Joi

Pilates

6:00-7:00 PM
Studio B w/ Noah

Thu

Sunrise Cycle

7:00-8:00 AM
Studio C w/ Brockton

Pilates

7:30-8:30 AM
Studio B w/ Noah

Dance Fit

4:00-5:00 PM
Studio A w/ Marissa

Sunset Cycle

5:00-6:00 PM
Studio C w/ Caroline

HIIT

5:00-6:00 PM
Studio B w/ Caroline

BearFit

Fall 2025 Schedule

\$40/Semester or \$10/class

Missouri State
UNIVERSITY



OUTDOOR ADVENTURES TRIP LIST

FALL 2025

**23
AUG** **Kayaking**
James River
\$15 (Register by 8/23)

**30
AUG** **Climbing**
Horseshoe Canyon Ranch
\$30 (Register by 8/27)

**06
SEP** **Hiking**
Haha Tonka State Par
\$10 (Register by 9/3)

**27
SEP** **Kayaking**
James River
\$15 (Register by 9/24)

**04
OCT** **Fly Fishing**
Crane Creek
\$25 (Register by 10/1)

**09-12
OCT** **Fall Break Camping**
Echo Bluff State Park
\$50 (Register by 10/6)

**18
OCT** **Climbing**
Horseshoe Canyon Ranch
\$30 (Register by 10/15)

**12
NOV** **Mountain Biking**
Fellows Lake
\$15 (Register by 11/)

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