



Mind, Body and Spirit



St. Louis
Community
College

Continuing Education

3221 McKelvey Road, Suite 250
Bridgeton, MO 63044
314-984-7777

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Aerobic Exercise

Aerobic Kickboxing

This class begins with warm-up and stretching followed by an aerobic workout including floor work and self-defense moves. A great workout with an experienced instructor from The Martial Arts Center. Bring a mat for floorwork.

PEDU:744 | \$59

M01 W 7pm-8pm **Timothy Toeniskoetter**
Sept. 17 – Nov. 19 *The Martial Arts Cntr (Mehlv)*

780 M 6:30pm-7:30pm **Timothy Toeniskoetter**
Sept. 15 – Nov. 17 *Sperreng School, LG GYM*

Hoop Fit

Learn to use a hula hoop on and off the body to get a great workout. No experience necessary. Hoops provided or you may bring your own. No class 11/26.

PEDU:747 | \$79

P01 W 5:30pm-6:15pm **Jill Woehrle**
Aug. 27 – Dec. 10 *Nottingham, Gym*

Hoop Dance

Get a great workout while you learn to hoop dance using a hula hoop. No experience necessary. Hoops provided or you may bring your own. No class 11/27.

PEDU:747 | \$79

P02 Th 5:30pm-6:15pm **Jill Woehrle**
Aug. 28 – Dec. 11 *Nottingham, Gym*

Zumba

Dance your way to fitness with Zumba. Let the Latin music take you away with a combination of Salsa, Merengue, Samba, and Cumbia. It's a great high-energy, low-impact workout that's fun!

PEDU:747 | \$69

550 MW 7pm-8pm **Paula Taylor**
Sept. 8 – Oct. 8 *FV - PE, 233*

551 MW 7pm-8pm **Paula Taylor**
Oct. 20 – Nov. 19 *FV - PE, 233*

Zumba: Continuing

Now that you are used to the steps, kick it up a notch in this fast-paced Zumba class! Quickly burn calories and have a blast during a high-energy workout that proves fitness is fun! No class 9/20, 10/4, 10/11, 11/29.

PEDU:747 | \$69

580 Sa 10am-10:50am **Wendy DuCasse'**
Sept. 13 – Dec. 13 *FV - PE, 233*

Girls Night (Work) Out - Zumba

Grab your best girlfriends and attend the Hottest Group Dance Class out there! Spice up your body with this hot Latin workout! Guaranteed to burn fat & sculpt curves while learning Latin steps & sexy hip movements from meringue to salsa funk.

PEDU:747 | \$79

M06 M 5pm-5:55pm **FitChix-Creve Coeur**
Oct. 13 – Dec. 1

Girls Night (Work) Out - Yoga Fit

A multi-dimensional and dynamic yoga practice that is a total body workout! Challenge your core, flexibility, strength and balance to create an elongated body.

PEDU:747 | \$79

M08 M 6pm-6:55pm **FitChix-Creve Coeur**
Oct. 13 – Dec. 1

Girls Night (Work) Out - Flirty Fit

Grab your best girlfriends and attend this fun and flirty fitness class. Have a great time with this series of fun workouts that incorporate cardio with sexy dance moves and pole/chair dancing to achieve your fitness goals! Wear comfortable fitness attire. High Heels are recommended and preferred, but not required!

PEDU:747 | \$79

M07 Tu 7pm-7:55pm **FitChix-Creve Coeur**
Oct. 14 – Dec. 2

Girls Night (Work) Out - Kickboxing

Punch and kick your way to a sexy, strong physique! Put on the boxing gloves and drip sweat while you hit heavy bags and kick box targets. Burn 600-800 calories in just one hour!

PEDU:747 | \$79

M10 W 5pm-5:55pm **FitChix-Creve Coeur**
Oct. 15 – Dec. 3

Girls Night (Work) Out - Booty Camp

Lift your booty and so much more! Let Booty Camp break away whatever has been holding you back, one hour at a time, with this full body bootcamp style workout! Certified personal trainers will help you reach new fitness heights through this program, while having a good time. Workouts will include Kettle bells, TRX, Bosu Balls, Obstacle Courses, Target Kickboxing, and so much more. No class 11/27.

PEDU:747 | \$79

M05 Th 6pm-6:55pm **FitChix-Creve Coeur**
Oct. 9 – Dec. 4

Girls Night (Work) Out - Ballet Fit

Have you always wanted to have the legs and strong core that are typical for dancers? Get the lean sexy muscles of a ballerina through this energizing ballet based workout! This combination of dynamic exercise and stretching will also help to improve your posture. No ballet experience necessary. No class 11/27.

PEDU:747 | \$79

M09 Th 7pm-7:55pm **FitChix-Creve Coeur**
Oct. 9 – Dec. 4

Zumba Gold for Seniors

Designed for the older active adult or individuals with limited physical activity, Zumba Gold takes a lower intensity, gentle approach to Zumba dance. Exercises are modified to work on your posture, strength, and balance. This non-strenuous class will also work on breathing and stretching. Come join in the fun and get fit with the upbeat tempo of Latin and International music.

PEDU:747 | \$55

M01 W 11am-11:50am **Theresa Daniels**
Sept. 17 – Nov. 5 *Adiva Dance Center*

Zumba Toning: Beginning

Sculpt your arms, abs, glutes and thighs as you participate in a healthy workout with Latin infused Zumba moves matched to Latin and International music. Using lightweight maraca-like toning sticks, you'll get a strength-training dance exercise workout like you've never done before! Join this new and exciting beginner level class to shape your body naturally into a fit new you! Please bring two 1 lb Zumba toning sticks to class. Available for purchase online.

PEDU:747 | \$55

M02 W 6pm-6:50pm **Theresa Daniels**
Sept. 17 – Nov. 5 *Adiva Dance Center*

M04 Sa 10am-10:50am **Theresa Daniels**
Sept. 6 – Oct. 25 *Adiva Dance Center*

Zumba: Beginning

Designed for the beginning student, this class is a lower intensity, exhilarating, and effective way to get fit and increase your energy level! Join in the Zumba craze featuring easy to learn routines set to Latin and International music designed to quickly burn calories. Give it a try, and you'll be convinced that exercise fitness can be fun.

PEDU:747 | \$55

M03 Sa 9am-9:50am **Theresa Daniels**
Sept. 6 – Oct. 25 *Adiva Dance Center*

Dance Aerobics

A fun, full body workout including cardio and toning set to contemporary music. Bring light weights (1-3 lbs) and a mat. No dance experience required.

PEDU:750 | \$75

730 W 6pm-6:50pm **Susan Pellegrino**
Sept. 3 – Nov. 19 *Oakville Sr. H.S., GYMB*

Bowling

Bowl with a Pro

Have fun and learn new techniques, whether you are just beginning or looking to bring your game up a notch. Class will bowl 2 games with a professional bowler while learning proper swing technique, footwork, release points and basic pocket alignment. Extra fees for games and shoe rental each week.

PEDU:772 | \$49

M01 Tu 3pm-5pm **Charles Kelly**
Nov. 4 – Nov. 25 *Brunswick Zone Chesterfield*

Communication Arts

Nonverbal Communication: How to Speak and Listen Without Words

Learn about the extraordinary amount of information that can be provided through nonverbal communication. A simple movement or facial expression can completely contradict what message you are trying to get across. Understand how to identify, interpret and use basic nonverbal cues to be a better communicator and avoid miscommunication.

COMM:718 | \$29

650 W 6:30pm-8:30pm **Erin De Vore**
Oct. 22 – Oct. 29 *MC - BA, 124*

Filmmaking 101 - With Your Mobile Device!

Are you the next Steven Spielberg? Make your own short film on your cell phone or tablet using filmmaking techniques learned in class! Have fun while you learn this new art of filmmaking from an Emmy award-winning producer, whose most recent project is a feature-length movie shot entirely on an iPhone! Students will complete their projects outside of class then all will be viewed at the last class meeting. Bring smartphone or tablet with you to class.

COMM:765 | \$89

650 Tu 6:30pm-8:30pm **Dale Ward**
Sept. 30 – Nov. 18 *MC - CN, 225*

Fitness

Fun with Fitness

Ready to reduce stress, increase energy and just have FUN? Get a consistent cardiovascular work-out, increase overall strength with resistance training, and improve your balance, agility and flexibility to change your body from head to toe. This class is designed for all levels of fitness.

PEDU:755 | \$79

600 MW 4pm-4:50pm **Angelica Fingers**
Sept. 8 – Oct. 20 *MC - PE, 201*

601 MW 4pm-4:50pm **Angelica Fingers**
Oct. 27 – Dec. 8 *MC - PE, 201*

Dynamic Stretch

Increase the range of motion in your muscles and joints through specialized lengthening and stretching techniques designed to help release muscle tension, decrease stress, and enhance coordination.

PEDU:755 | \$75

606 Tu 8am-8:50am **Gary Ketcherside**
Sept. 2 – Nov. 18 *MC - PE, GYM*

607 Th 8am-8:50am **Gary Ketcherside**
Sept. 4 – Nov. 20 *MC - PE, GYM*

Rise and Shine Senior Workout

This class is a total body senior workout program for active older individuals. Join this early morning session for a variety of exercises that are designed to increase muscular strength, range of motion, agility, and heart-healthy movement supporting the skills required for your daily life. Wake up, work out and feel energized for the rest of the day. No running or jumping in this class. Wear tennis shoes. Bring water, towel, small rug or yoga mat and one pair of 2-3lb. weights.

PEDU:755 | \$69

608 TuTh 5:55am-6:55am **Gail Velten**
Sept. 9 – Oct. 9 *MC - PE, GYM*

609 TuTh 5:55am-6:55am **Gail Velten**
Oct. 21 – Nov. 25 *MC - PE, GYM*

No class 11/4

Full-Body Fitness

Get a total body workout using an exercise ball to naturally strengthen, tone and condition your core muscles and back. Exercise movements will also concentrate on stretching, flexibility, balance and posture. Class will end with a relaxing meditation. An effective and non-stressful workout for all ages! Bring a sticky mat, #6 or 8 resistance band and a 65" stability ball. Dumbbells and hand weights are optional. No class 10/28.

PEDU:755 | \$69

782 Tu 6pm-7pm **Rena Potsos**
Sept. 9 - Nov. 18 *Sperreng, Fitness Room 54*

Fitness Impact for Women

Fitness through low-impact movement achieved using a variety of music and hand weights, concluding with stretching for posture and flexibility. All levels of experience encouraged; floor mat and 1-2 lb weights recommended.

PEDU:755 | \$75

780 Tu 7pm-8pm **Marsha Fey**
Sept. 9 - Dec. 9 *Sperreng, Fitness Room 54*
No class 10/28, 11/4

781 W 7pm-8pm **Marsha Fey**
Sept. 10 - Dec. 3 *Sperreng, Fitness Room 54*
No class 11/26

Nia: A Combination of Cardio and Strength Training

Nia is a fun, rocking fitness program that blends the movements of dance, martial arts and healing arts (such as yoga). Classes are taken to soul-stirring music in more than 48 countries. You will learn how to workout without pain and enjoy the process of getting fit with movement. Every experience can be adapted to individual needs and abilities. Nia is rooted in sensory awareness, joy, pleasure and love for your body as it is now and for its potential to transform. Join a Nia class and free your spirit!

PEDU:755 | \$59

M01 Tu 6pm-6:50pm **Karol McNutt**
Sept. 9 - Oct. 14 *Dance Arts-St. Louis*

M02 Tu 6pm-6:55pm **Karol McNutt**
Oct. 28 - Dec. 2 *Dance Arts-St. Louis*

M03 Sa 8:30am-9:25am **Karol McNutt**
Sept. 13 - Oct. 18 *Dance Arts-St. Louis*

M04 Sa 8:30am-9:25am **Karol McNutt**
Nov. 1 - Dec. 13 *Dance Arts-St. Louis*
No class 11/29

Boot Camp with Shark Fitness

Challenge yourself! Classes consist of resistance training, calisthenics, short runs, and drills designed to work every major muscle group in the 60-minute class. You will learn the correct way to train in terms of form, tempo, and exercise selection. Despite the group setting, this class challenges participants individually to give their best and expect optimal results. Must be able to jog 300 yards without rest. Bring a towel or mat and water. Class will be held outside-weather permitting. Meet at the entrance to the PE Building on O Parking Lot. Later start classes meet in the gym.

PEDU:755

14 sessions | \$150

602 MWF 5:45am-6:45am **MC - PE, GYM**
Aug. 18 - Sept. 19
No class 9/1

604 MWF 5:45am-6:45am **MC - PE, GYM**
Oct. 27 - Nov. 26

650 MW 6pm-7pm **MC - PE, GYM**
Nov. 3 - Dec. 17

15 sessions | \$160

603 MWF 5:45am-6:45am **MC - PE, GYM**
Sept. 22 - Oct. 24

9 sessions | \$100

605 MWF 5:45am-6:45am **MC - PE, GYM**
Dec. 1 - Dec. 19

Yogalates

START DATE PUSHED BACK ONE WEEK TO 8/25. MAKE-UP TBD Get the benefits of yoga, pilates and core strengthening as you exercise and stretch. A challenging and relaxing workout in just one class. Bring water, towel and yoga mat.

PEDU:756 | \$95

P01 M 6:30pm-7:25pm **Jill Woehrlé**
Aug. 25 - Dec. 8 *Nottingham, Gym*
No class 9/1, 11/10

M02 Th 5:30pm-7pm **Denise Motta**
Sept. 4 - Nov. 6 *Affton White-Rodgers, GYM*

Pilates

Strengthen, lengthen and tone muscle as well as increase your flexibility. You'll learn how to execute the movements while focusing on breathing, allowing the mind and body to unite. Bring a towel and mat.

PEDU:756

10 sessions | \$69
M01 Tu 6:30pm-7:25pm **Denise Motta**
Sept. 16 - Dec. 9 *Garden of Life Spiritual Ctr*
No class 10/7, 11/4, 12/2

13 sessions | \$79

650 M 6pm-6:50pm **Katherine McMeans**
Sept. 8 - Dec. 1 *MC - PE, 105*

651 W 6pm-6:50pm **Katherine McMeans**
Sept. 10 - Dec. 3 *MC - PE, 105*

Power Pilates

Same great Pilates Method Exercises, but on a 10! Improve the health, strength and flexibility of your abdominal muscles, spine, hip and shoulder joints with this great morning workout! Bring water, towel and yoga mat.

PEDU:756 | \$79

600 TuTh 7am-7:50am **Denise Motta**
Sept. 9 - Oct. 16 *MC - PE, GYM*

601 TuTh 7am-7:50am **Denise Motta**
Oct. 28 - Dec. 9 *MC - PE, GYM*

Afterwork Yoga

After a rough day at work, unwind and de-stress with a relaxing workout. Attain a balance of mind, body and spirit as you work on posture mechanics, breathing and energy. This course will help you reduce stress, increase flexibility and tone your muscles. All levels of experience welcome. Bring a towel and mat.

PEDU:761 | \$69

550 M 5pm-5:50pm **Silvia Luna Zapiain**
Sept. 15 - Nov. 17 *FV - PE, 122*

Yoga for Seniors

Open your mind to a new understanding of your body. Gentle, slow-paced combination of stretch and strength work. Introduction to pranayama, breath work and meditation. Great for calming and relieving stress. Bring a yoga mat, towel and water.

SENR:704 | \$79

M01 Th 10am-11am **Masterpeace Studios**
Aug. 28 - Oct. 16

M02 Th 10am-11am **Masterpeace Studios**
Oct. 23 - Dec. 18
No class 11/27

Yoga

Relax, calm your mind, experience vibrant healing energy. Learn to use breathing, stretching and relaxation techniques to bring a total sense of well-being and integration of mind and body. Bring a towel & mat. No class 11/26.

PEDU:761

10 sessions | \$69

M11 Tu 7:30pm-8:25pm **Denise Motta**
Sept. 16 - Dec. 9 *Garden of Life Spiritual Ctr*
No class 10/7, 11/4, 12/2

780 M 6pm-7pm **Rena Potsos**
Sept. 15 - Nov. 17 *Sperreng, Fitness Room 54*
Also bring a yoga belt and #6 or 8 resistance band.

M03 M 9:30am-10:30am **Robert Gadon**
Sept. 8 - Nov. 10 *Queeny Park Rec*

Also bring a wool-style blanket, yoga block & strap.

M04 W 9:30am-10:30am **Robert Gadon**
Sept. 10 - Nov. 12 *Queeny Park Rec*

Also bring a wool-style blanket, yoga block & strap.

13 sessions | \$89

M12 M 6pm-7pm **Sharon Danyluck**
Sept. 8 - Dec. 1 *Sunset Hills Comm. Ctr*

M13 M 7:30pm-8:30pm **Sharon Danyluck**
Sept. 8 - Dec. 1 *Sunset Hills Comm. Ctr*

15 hours | \$95

P01 W 6:30pm-7:25pm **Jill Woehrlé**
Aug. 27 - Dec. 10 *Nottingham*
No class 11/26

M01 Tu 1pm-2:30pm **Julie Garland**
Sept. 2 - Nov. 4 *Big Bend Yoga Center*

Yoga: Continuing

Designed for individuals with prior yoga experience, you will continue to build your skills while learning to relax, calm your mind, and experience vibrant healing energy. Learn to use breathing, stretching and relaxation techniques to bring a total sense of well-being and integration of mind and body. Prerequisite: Prior yoga experience. Bring a towel and mat.

PEDU:761

10 sessions | \$69

M06 M 1:30pm-2:30pm **Kelly Kauffmann**
Sept. 8 - Nov. 10 *Affton White-Rodgers, GYM*

15 hours | \$95

M02 Th 9am-10:30am **Melanie Klug**
Sept. 4 - Nov. 6 *Big Bend Yoga Center*

Yoga: Basics

New to yoga or desire a slow, gentle pace? Learn standard yoga postures, flexibility, and correct breathing techniques. Bring a towel and mat.

PEDU:761

AFCC | \$69

M05 M 12:15pm-1:15pm **Kelly Kauffmann**
Sept. 8 - Nov. 10 *Affton White-Rodgers, GYM*

MSPC | \$79

M07 W 9am-10am **Masterpeace Studios**
Aug. 27 - Oct. 15

M08 W 9am-10am **Masterpeace Studios**
Oct. 22 - Dec. 10



Gentle Yoga

A gentle combination of yoga exercises helping to improve flexibility and core balance. Great for stress relief. Individual yoga practice will be encouraged. Bring a yoga mat, towel and water.

PEDU:761

Wildwood | \$59

351 W 6pm-6:55pm
Sept. 17 – Nov. 5

Robert Gadon
WW, 102B

MSPC | \$79

M09 W 7pm-8pm
Aug. 27 – Oct. 15

Masterpeace Studios

M10 W 7pm-8pm
Oct. 22 – Dec. 10

Masterpeace Studios

Iyengar Yoga - Wildwood

Well known for its highly developed teaching methodology and rigorous Teacher Training program, Iyengar Yoga's complete integration of postures and Yoga philosophy brings physical health and vigor, mental clarity, and emotional serenity and poise. Postures are taught by certified teachers in a safe orderly progression with emphasis on body alignment, intelligent actions in each posture, observation and correction of the students. Lowest level of Iyengar Yoga certification takes 7-10 years. Taught by one of the few Iyengar certified teachers in the St. Louis area. Bring a towel and mat.

PEDU:761 | \$85

350 W 7pm-8:30pm
Sept. 17 – Nov. 5

Robert Gadon
WW, 102B



Personal Development

Discover Your Talents

Have you ever wondered what your true strengths are? Many people find it difficult to identify their own strengths, much less know how to articulate them well. Use the highly acclaimed Strengths Finder 2.0 assessment to identify your top 5 strengths and uncover your talents! Learn what differentiates you from others and how to create your own unique recipe for success as you design new life directions. Text required - bring to first class. Strengths Finder 2.0, ISBN: 9781595620156.

PERD:709 | \$49

680 Sa 9am-12pm
Oct. 11
Oct. 18

Carol Watkins
MC - BA, 216
MC - BA, 220

Living the Adventure of Life

It is never too late to blossom into yourself. Rediscover your passion for life and recognize that the most important work you will ever do is become who you were meant to be, no matter what your age. Bring a notebook and pen.

PERD:709 | \$29

681 Sa 10am-12pm
Oct. 25

Roselyn Mathews
MC - SO, 109

Overview of Stress Relief

Is stress running you down? Learn over 12 different stress reducing techniques that can help you take hold of your stress and handle it in healthy, beneficial ways. Explore a variety of options so that you can discover which ones address your personal needs for stress reduction. Class is an overview of numerous modalities of stress reduction.

PERD:712 | \$29

450 Tu 6:30pm-8:30pm
Nov. 11

Audrey Alexander
FP - G Tower, 117

Developing Intuition

Learn to awaken your intuitive abilities and feel comfortable listening to and trusting your intuition. Discover which of your "psychic senses" is naturally strongest: gut feelings, inner listening, or intuitive seeing. Learn a variety of exercises and practices to help develop your intuition; including sensing auras, psychometry (intuiting information by holding objects) and more.

PERD:735 | \$49

550 Tu 7pm-9pm
Oct. 7 – Oct. 28

Rhonda Leifheit
FV - TC, 111

Self-Esteem for Women

As women we are often taught to be 'people pleasers' and take care of others' needs before our own. To build self-esteem, we need to celebrate our uniqueness and acknowledge our strengths. Learn to truly accept and like yourself, develop courage to take risks and handle responsibilities, and experience more confidence and happiness in your life. Bring a notebook and pen.

PERD:736 | \$49

650 Tu 7pm-9pm
Sept. 30 – Oct. 21

Susan Herman
MC - CS, 120

How to Avoid Falling in Love With a Jerk (or Jerkette)

Do you want to find "the one"? Whether you are looking for someone or have a relationship, hear how to avoid the "love is blind" syndrome. Learn to pace a relationship and explore key areas that foreshadow what a partner will be like over the long term. Gain the tools you need to judge your partner's character. Find out how to break unhealthy dating patterns and focus on your own emotional health. Fee includes textbook.

PERD:741 | \$39

710 W 7pm-9pm
Oct. 8 – Oct. 15

Kim Harness
Clayton H.S., 108

Simplify Life

Is your life becoming busier and more chaotic with less time to do things you really want to do? It's time to make a change. Learn how to simplify your life with great tips, from a Professional Organizing Consultant! Improve your time management and learn how to make a big difference in your home with small changes.

PERD:765 | \$29

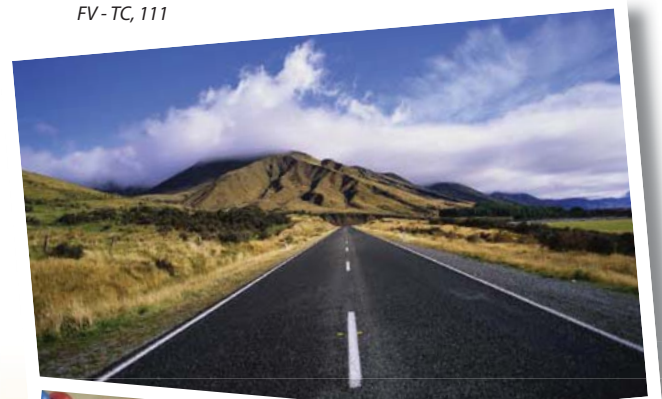
650 Th 6:30pm-8:30pm
Oct. 16 – Oct. 23

Kimberly Meredith
MC - CN, 230

Check out other STLCC Continuing Education brochures:

- **The Great Outdoors**
 - **Paddleboarding**
- **Recreational Tree Climbing**
 - **Pickleball**
- **Golf and Tennis**
 - **Aquatics**
- **Personal Safety**
 - **Self-Defense**
 - **Gun Safety**

Call 314-984-7777 to request more information!



T'ai Chih

T'ai Chi Chih: Beginning

T'ai Chi Chih is a moving meditation consisting of 19 movements and 1 pose. Its purpose is to circulate and balance one's "chi" or vital force life energy. Health benefits include better balance, blood pressure control, and reduction in symptoms associated with stress, shingles, and arthritis. No special attire or equipment.

PEDU:766 | \$69

500 Th 4:30pm-5:25pm
Sept. 4 – Nov. 6

Jeanette Miller
FV - PE, 233

P01 Tu 2:30pm-3:30pm
Sept. 2 – Nov. 4

Jeanette Miller
Solar Yoga Center

M01 M 10:45am-11:45am
Sept. 8 – Nov. 10

Gale Rublee Portman
Queeny Park Rec

650 W 5pm-5:50pm
Sept. 10 – Nov. 12

Gale Rublee Portman
MC - PE, 201

T'ai Chi Chih: Continuing

Designed for students who have completed a beginning T'ai Chi Chih class and want to enhance their practice. Each week we will complete a practice of all 19 movements and the final pose, explore key principles of the form, and refine individual movements.

PEDU:767 | \$69

P01 Tu 1:15pm-2:15pm
Sept. 2 – Nov. 4

Jeanette Miller
Solar Yoga Center

Mini session | \$39

P02 Tu 1:15pm-2:15pm
Nov. 18 – Dec. 16

Jeanette Miller
Solar Yoga Center

Team Sports

Men's Recreational Basketball

Join a group of men to have fun and get some exercise. We'll play half court and three on three. Bring a white & a dark colored t-shirt to class. Do not wear jewelry.

PEDU:701 | \$59

730 Tu 7pm-8:30pm
Sept. 9 – Nov. 25

Richard Bannecker
Oakville Sr. H.S., GYMB

Volleyball: Recreational

Keep fit, have fun and make friends. Just register and come play! No class 10/31.

PEDU:704 | \$69

580 F 7pm-8:30pm
Sept. 12 – Nov. 21

Jason Guss
FV - PE, GYM



Wellness

Systema: Health and Breathing

Learn how to defend yourself against a very different enemy; the silent killers of stress, tension, pain and fatigue. Through new and advanced breathing techniques, you will learn the capacity to significantly change your quality of life as you go about your daily routines. If you are seeking to enhance your life - this is your best way to uncover the infinite new reserves of energy, power and health.

HEAL:701 | \$59

P01 M 5:45pm-6:45pm
Sept. 22 – Nov. 24

St. Louis Combat Institute

Couples Massage

Find gentle ways to comfort and relax your partner. Methods based on Swedish, Russian Massage, and Trigger Point Therapy. Partner required. Fee is per person. Supply list sent.

HEAL:704 | \$49

480 Sa 9:30am-3:30pm
Sept. 20

Alice Sanvito
FP - HSP, 219

680 Sa 9:30am-3:30pm
Oct. 18

Alice Sanvito
MC - SW, 106

MELT®: Hand and Foot

Do you suffer from chronic pain? The MELT Method®: Hand and Foot is a great way to alleviate chronic pain and re-balance the neural core. Learn techniques for your hands and feet to erase pain and feel better in minutes. This simple, proactive approach to maintaining a healthy, pain-free, active lifestyle is the best first step for anyone looking to feel better. Regardless of your age, gender, or current activity level, anyone can learn to MELT®!

HEAL:709 | \$75

M01 Tu 4pm-4:50pm
Oct. 14 – Nov. 4

CJ Thomas
Body by Pilates

Eat Healthy in a Hectic World

Is your life and the lives of your family so busy that you find it difficult to develop and maintain healthy eating habits? Are you getting the proper amount of protein, carbohydrates, and fat to reach your health and fitness goals? A Certified Fitness Nutrition Specialist will look at some of the "catch 22s" of popular diets, go over the nutritional requirements for busy adults and point out ways to improve your diet or meal plan even in today's hectic world!

HEAL:713 | \$25

650 Tu 6pm-8pm
Oct. 7

Daniel Nobel
MC - CN, 202

Meditation for Health and Harmony

Meditation brings relaxation, mental clarity, emotional balance and spirituality. Discover meditation techniques and find the one that's best for you.

HEAL:706 | \$49

450 W 7pm-9pm
Oct. 15 – Nov. 5

Rhonda Leifheit
FP - B Tower, 013

Tapping Into the Mind/Body Connection

Meridian Tapping is a great way to improve your health and may ease many forms of discomfort. Clear your self-sabotaging beliefs, integrate mind and body, and feel better as you tap acupressure points while making positive statements.

HEAL:706 | \$45

650 M 7pm-9pm
Sept. 22 – Oct. 6

Rhonda Leifheit
MC - AS, 108



**Celebrate the Mind, Body and Spirit
with Continuing Education!**

Accommodations Statement

St. Louis Community College is committed to providing access and reasonable accommodations for individuals with disabilities. If you have accommodation needs, please contact the Continuing Education Access office at the Meramec campus at least six weeks prior to the start of class to request accommodations. Event accommodation requests should be made with the event coordinator at least two working days prior to the event. Documentation of disability may be required. Contact Anne Marie Schreiber at 314-984-7704.

Notice of Non-Discrimination

St. Louis Community College is committed to non-discrimination and equal opportunities in its admissions, educational programs, activities and employment regardless of race, color, creed, religion, sex, sexual orientation, national origin, ancestry, age, disability, genetic information or status as a disabled or Vietnam-era veteran and shall take action necessary to ensure non-discrimination. For information contact:

Corporate College
 Lesley English-Abram, Manager, Community Services
 STLCC Corporate College, 3221 McKelvey Road, Bridgeton, MO 63044
 314-539-5480

Registration is Easy!!!



Mail

Complete the registration form (below) and mail with check (*payable to St. Louis Community College*) to:
STLCC Continuing Education, 3221 McKelvey Road, Suite 250, Bridgeton, MO 63044

Students who register by mail should assume they are registered unless otherwise notified. A registration confirmation is mailed to students who register by mail; however, the confirmation may not be received prior to the beginning of the class. If you have enrollment questions, please call Continuing Education: 314-984-7777.



In Person at STLCC

Meramec, Florissant Valley and Forest Park: M–F 8:30am–4pm

You may want to first call the Continuing Education office at 314-984-7777, to check that openings exist.



Call to complete your registration by charging fees to MasterCard, Visa, American Express or Discover.

Telephone: 314-984-7777

Before calling to register, have this information ready:

1. Course Title / Course Code (letter prefix with number) / Section Number
2. Student Contact Info (name / address /email address/ phone number)
3. Student Social Security Number or UIN
4. Credit Card Number with Expiration Date



Online: www.stlcc.edu

Visit our website and click on the "Continuing Education" link — where you can view current class offerings and to register for classes.

Enrollment in classes within this brochure, except for youth section classes, is limited to persons 16 years or older.

Registration Deadline

All non-credit courses are limited in enrollment. Advanced registration is required.

Automatic Bank Payment (ACH)

All checks will be converted to an electronic Automated Clearing House (ACH) transaction whether the payment was made in person or mailed.

Mail-IN

Registration form *Please print in ink.*

Male Female

Senior Citizen?

Yes No

Check Payment:

Please make checks payable to St. Louis Community College, and mail with form (address above).

Email Address: _____

UIN or SS#: _____ Birthdate: _____

Name: _____

LAST

FIRST

MIDDLE INITIAL

Address: _____

STREET OR POST OFFICE BOX

CITY

STATE

ZIP CODE

Telephone/Home: _____ Work: _____

Credit Card Payment:

Charge fees to: MasterCard VISA Discover American Express

Expiration Date: _____

CARD NUMBER

Signature: _____

Please register me for the following courses:

Course Code	Section	Course Title	Day/Time	Fees
Total				