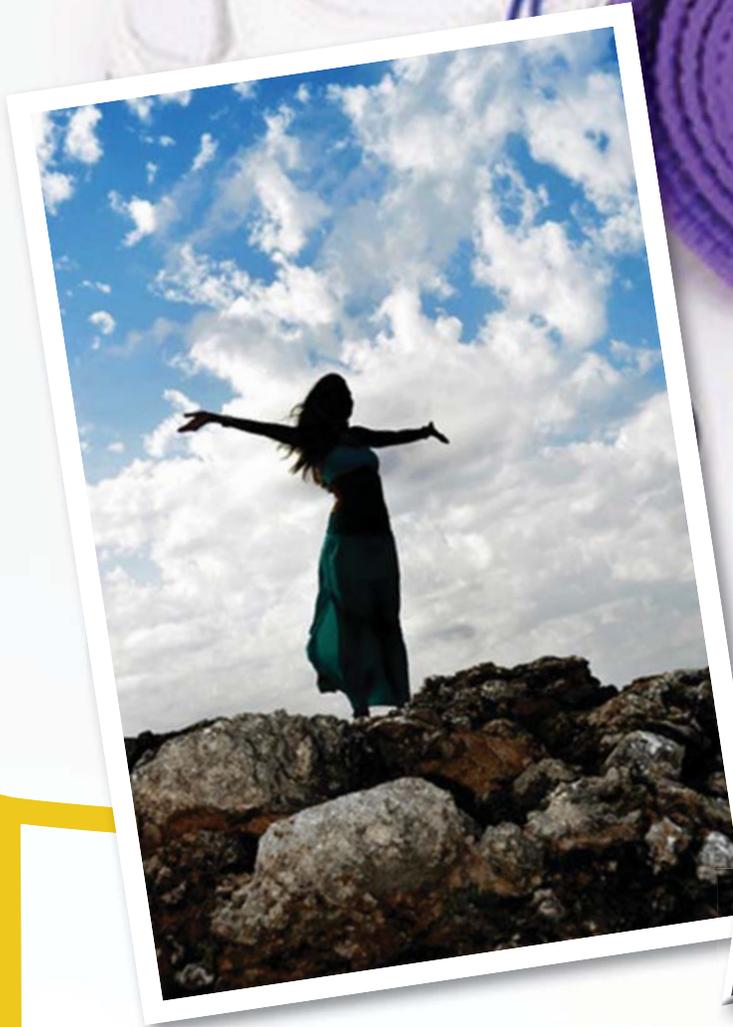


Fall 2015 *Health and Wellness*



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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St. Louis
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Education

Aerobic Exercise

Aerobic Kickboxing

Begin class with a 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!

PEDU:744 | \$69

780 M 7pm-8pm
Sept. 14 – Nov. 16

Timothy Toeniskoetter
Sperreng Mid. School, LG GYM

M01 W 7pm-8pm
Sept. 16 – Nov. 18

Timothy Toeniskoetter
The Martial Arts Ctr (Mehl)

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 11/25.

PEDU:747 | \$79

P01 W 5:30pm-6:15pm
Aug. 26 – Dec. 9

Jill Woehrle
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-7:50pm
Sept. 14 – Oct. 14

Paula Taylor
FV - PE, 233

551 MW 7pm-7:50pm
Oct. 26 – Nov. 30

Paula Taylor
FV - PE, 233

No class 11/25

580 Sa 10am-10:50am
Sept. 19 – Nov. 21

Eileen Franco
FV - PE, 233

Zumba Gold for Seniors

Come join in the fun and get fit with the upbeat tempo of Latin and International music! Zumba Gold takes a lower intensity, gentle approach to Zumba dance, so it's perfect for older active adults or individuals with limited physical ability. Exercises will include breathing and stretching, and are modified to help work on your posture, strength, and balance.

PEDU:747 | \$55

M01 W 11am-11:50am
Sept. 9 – Oct. 28

Adiva Dance Center

Zumba Toning

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
Sept. 9 – Oct. 28

Adiva Dance Center

**Check out other STLCC
Continuing Education brochures:**

- **The Great Outdoors**
- **Golf and Tennis**
- **Aquatics**

**Call 314-984-7777 to request
more information or to
register today!**

Zumba: Beginning

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 is a fun and effective way to get fit and increase your energy level! Class is designed for the beginning student, but the lower intensity and easy to learn routines are still designed to quickly burn calories.

PEDU:747 | \$55

M03 Sa 9am-9:50am
Sept. 12 – Oct. 31

Adiva Dance Center

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 11/28.

PEDU:747 | \$79

M05 Sa 9am-9:55am
Oct. 10 – Dec. 5

FitChix-CreveCoeur

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 and sculpt curves while learning Latin steps and sexy hip movements from Merengue to Salsa funk.

PEDU:747 | \$79

M06 W 6pm-6:55pm
Oct. 14 – Dec. 2

FitChix-CreveCoeur

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 M 6pm-6:55pm
Oct. 12 – Nov. 30

FitChix-CreveCoeur

Dance Aerobics

Enjoy 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:754 | \$85

730 W 6pm-6:50pm
Sept. 2 – Dec. 9
No class 9/16, 11/25

Susan Pellegrino
Oakville H.S., CAFE

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
Aug. 31 – Oct. 14

Eileen Franco
MC - PE, 201

No class 9/7

601 MW 4pm-4:50pm
Oct. 26 – Dec. 9

Eileen Franco
MC - PE, 201

No class 11/25

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. Bring a towel and mat.

PEDU:755 | \$79

606 Tu 8:05am-8:55am
Sept. 1 – Dec. 1

Gary Ketcherside
MC - PE, GYM

No class 10/20

607 Th 8:05am-8:55am
Sept. 3 – Nov. 19
Dec. 3

Gary Ketcherside
MC - PE, GYM
MC-SC, 201

Fitness Flex for Women

Achieve your fitness goals through low-impact movement using a variety of music and hand weights, concluding with stretching for posture and flexibility. All levels of experience welcome; floor mat and 1-2 lb weights recommended.

PEDU:755 | \$75

780 Tu 7pm-7:55pm
Sept. 8 – Dec. 8
No class 10/20, 11/3
Marsha Fey
Sperrang, Fitness Rm. 54

781 W 7pm-7:55pm
Sept. 9 – Dec. 2
No class 11/25
Marsha Fey
Sperrang, Fitness Rm. 54

Nia: A Combination of Cardio and Strength Training

Enjoy this fun, rocking fitness program that blends the movements of dance, martial arts and healing arts (such as yoga). Learn how to work out without pain and enjoy getting fit with movement set to soul-stirring music. Nia is rooted in sensory awareness, joy, pleasure and love for your body. Join a Nia class and free your spirit! All levels and abilities welcome.

PEDU:755 | \$59

M03 Sa 8:15am-9:10am
Sept. 12 – Oct. 24
No class 10/3
Karol McNutt
Dance Arts-St. Louis, SMALL

M04 Sa 8:15am-9:10am
Oct. 31 – Dec. 5
Karol McNutt
Dance Arts-St. Louis, SMALL

Rise and Shine: Senior Workout

Wonderful 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 to support 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. Bring water, towel, small rug or yoga mat and one pair of 2-3lb. weights.

PEDU:755 | \$75

608 TuTh 5:55am-6:55am
Sept. 8 – Oct. 15
Gail Velten
MC - PE, 105

609 TuTh 5:55am-6:55am
Oct. 27 – Dec. 1
Dec. 3-Dec. 8
No class 11/26
Gail Velten
MC - PE, 105
MC-SC, 201

Boot Camp with Sharkfitness

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. Early semester classes will meet outside at the entrance to the PE Building on "O" Parking Lot.

PEDU:755

Seven Sessions | \$94

604 MWF 5:45am-6:45am
Dec. 7 – Dec. 21
MC - PE, GYM

Morning | \$130

610 TuTh 5:45am-6:45am
Sept. 29 – Oct. 29
MC - PE

611 TuTh 9:30am-10:30am
Sept. 29 – Oct. 29
MC - PE

Evening | \$130

650 MW 6pm-7pm
Nov. 9 – Dec. 16
MC - PE, GYM

14 Sessions | \$166

603 MWF 5:45am-6:45am
Nov. 2 – Dec. 4
No class 11/27
MC - PE, GYM

15 Sessions | \$190

602 MWF 5:45am-6:45am

Sept. 28 – Oct. 30

MC - PE

New Qi Gong - Chair Exercise for Health

Learn to relax and get energized with this gentle, ancient Chinese form of healing exercise. Qi Gong will increase your flexibility and body strength through deep breathing and meditative movements. Seated stretching from a chair makes this a perfect class for all levels of physical ability!

PEDU:755 | \$39

M01 F 9am-9:45am
Oct. 16 – Nov. 13
Kathleen Schabelski
Affton White-Rodgers, A

New Introduction to CrossFit

Learn the basic fundamentals of CrossFit, a highly effective strength-and-conditioning system that utilizes functional movements such as power lifts, Olympic lifts and gymnastics, and then blends them into a constantly varied format. Focus will be on movement mechanics, proper technique and safety. All fitness levels welcome. Bring water.

PEDU:755 | \$89

M02 Th 5pm-6pm
Sept. 24 – Oct. 29
BARx CrossFit

New Introduction to CrossFit for Masters - Ages 50+

Learn the basic fundamentals of CrossFit, a highly effective strength-and-conditioning system that will help restore and improve mobility utilizing functional movements in a constantly varied format. Focus will be on movement mechanics, proper technique, and safety. All fitness levels welcome - ages 50 plus. Bring water.

PEDU:755 | \$75

M05 W 10am-11am
Sept. 23 – Oct. 28
BARx CrossFit

MELT®

Do you suffer from chronic pain? The MELT® Method is a great way to alleviate chronic pain and re-balance the neural core. MELT® is changing the way people care for their bodies. This simple, proactive self-help 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®! All tools will be provided. Bring plenty of water to drink.

HEAL:709 | \$75

M02 Tu 4pm-4:50pm
Nov. 10 – Dec. 1
Body by Pilates at
STUDIO RUE

M01 Tu 4pm-4:50pm
Sept. 22 – Oct. 13
Body by Pilates at
STUDIO RUE

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

M04 Tu 10:15am-11:15am
Sept. 15 – Nov. 24
No class 10/6
Denise Motta
Affton White-Rodgers, GYM

13 Sessions | \$89

650 M 6pm-6:50pm
Sept. 14 – Dec. 7
Katherine McMeans
MC - PE, 105

651 W 6pm-6:50pm
Sept. 16 – Dec. 16
No class 11/25
Katherine McMeans
MC - PE, 105

Pilates: Mat and Equipment Introduction

Combine mat work with the Pilates equipment for a workout that is easier on your joints, allows for modifications to suit specific needs and helps give you the core strength you need for a healthy life! Perfect for anyone that has been inactive, is recovering from an injury/surgery, or lives with a chronic condition. All equipment provided. No class 9/15.

PEDU:756 | \$75

M01 Tu 9am-9:50am
Sept. 8 – Nov. 3
Body by Pilates at
STUDIO RUE

Yogalates

Get the benefits of yoga, pilates and core strengthening as you exercise and stretch. A challenging and relaxing workout in just one class! Bring a mat.

PEDU:756

10.5 Hours | \$69

M02 Th 5:30pm-7pm
Aug. 27 – Oct. 15
No class 10/8
Denise Motta
Affton White-Rodgers, GYM

M03 Th 5:30pm-7pm
Oct. 22 – Dec. 10
No class 11/26
Denise Motta
Affton White-Rodgers, GYM

15 Hours | \$95

P01 M 6:30pm-7:25pm
Aug. 24 – Dec. 7
No class 9/7
Jill Woehrle
Nottingham, GYM

Iyengar Yoga: Beginning

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 yoga mat.

PEDU:761

Seven Hours | \$49

350 W 8pm-8:50pm
Aug. 26 – Oct. 7
Robert Gadon
WW, 102A

352 W 8pm-8:50pm
Oct. 21 – Dec. 9
No class 11/25
Robert Gadon
WW, 102B

10.5 Hours | \$69

450 Th 6:30pm-7:50pm
Oct. 8 – Nov. 19
Robert Gadon
FP - B Tower, 013

Iyengar Yoga: Continuing

Prerequisite: Iyengar Beginning or prior yoga experience. Bring a yoga mat.

PEDU:761 | \$69

351 W 6:15pm-7:45pm
Aug. 26 – Oct. 7
Robert Gadon
WW, 102A

353 W 6:15pm-7:45pm
Oct. 21 – Dec. 9
No class 11/25
Robert Gadon
WW, 102B

Yoga Basics - 10 Sessions

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 | \$69

M05 M 12:15pm-1:15pm
Sept. 14 – Nov. 16
Affton White-Rodgers, GYM
Kelly Kauffmann

Gentle Yoga

Enjoy a gentle combination of yoga exercises; helping to improve flexibility and core balance. Great for stress relief and relaxation. Individual yoga practice will be encouraged. Bring a mat, towel and water. CLASS WILL BE HELD IN ARDEN MEAD YOUTH AND COMMUNITY CENTER, 17 SELMA AVE, 63119.

PEDU:761 | \$79

M09 W 7pm-8pm
Aug. 26 – Oct. 14 Masterpeace Studios

M10 W 7pm-8pm
Oct. 21 – Dec. 9 Masterpeace Studios

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 mat.

PEDU:761

Eight Sessions | \$59

W01 F 9am-10am
Sept. 18 – Nov. 20 Louisa Donovan
Bluebird Park

M03 Tu 6:30pm-7:25pm
Sept. 15 – Nov. 17 Louisa Donovan
Garden of Life Spiritual Ctr, MP
No class 10/6, 11/3

10 Sessions | \$69

780 M 6pm-7pm
Sept. 14 – Nov. 16 Rena Potsos
Sperrang, Fitness Rm. 54
Bring towel, mat, yoga belt and #6 or 8 resistance band.

550 M 6pm-6:50pm
Sept. 14 – Nov. 16 Reshma Danak
FV - PE, 233

M07 M 9:30am-10:30am
Sept. 14 – Nov. 16 Reshma Danak
Queeny Park Rec Ctr

M08 W 9:30am-10:30am
Sept. 16 – Nov. 18 Reshma Danak
Queeny Park Rec Ctr

13 Sessions | \$89

M12 M 6pm-7pm
Sept. 14 – Dec. 7 Sharon Danyluck
Sunset Hills CC

M13 M 7:30pm-8:30pm
Sept. 14 – Dec. 7 Sharon Danyluck
Sunset Hills CC

15 Hours | \$95

M01 Tu 1pm-2:30pm
Sept. 1 – Nov. 3 Julie Garland
Big Bend Yoga Center
Equipment/mats available for use or bring your own.

P01 W 6:30pm-7:25pm
Aug. 26 – Dec. 9 Jill Woehrle
Nottingham, GYM
No class 11/25

New Yoga: Relax and Restore

Let your tensions melt away. Feel yourself become more relaxed and restore your body through gentle stretching, deep breathing, and stillness. Learn poses that can be used in your daily routine to help relieve stress. All levels are welcome. No class 10/6, 11/3.

PEDU:761 | \$59

M04 Tu 7:30pm-8:25pm
Sept. 15 – Nov. 17 Louisa Donovan
Garden of Life Spiritual Ctr, MP

BUTI® Yoga: Beginning

Are you ready to be empowered and get a great workout? The BUTI® style fuses yoga, tribal-inspired dance with hip spiraling, and plyometrics into an exciting, high-intensity workout that transforms your body from the inside out. Bring a towel and water, mats provided.

PEDU:761 | \$69

P02 Tu 5:30pm-6:15pm
Sept. 22 – Nov. 24 Flex Fitness Studio

New BUTI® Yoga: Continuing

Ready to take your BUTI® Yoga experience to the next level? Continue transforming your body from the inside out in this high-intensity workout. Prerequisite: BUTI® Yoga: Beginning or previous experience. Bring a towel and water, mats provided.

PEDU:761 | \$69

P03 W 6pm-7pm
Sept. 23 – Nov. 25 Flex Fitness Studio

Yoga: Continuing

Continue to build your yoga 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
Sept. 14 – Nov. 16 Kelly Kauffmann
Affton White-Rodgers, GYM

15 Hours | \$95

M02 Th 9am-10:30am
Sept. 3 – Nov. 5 Melanie Klug
Big Bend Yoga Center
Equipment/mats available for use or bring your own.

Meet Reshma!

Meet Reshma Danak - Our new Yoga instructor at Queeny Park and Florissant Valley! Reshma

started doing Yoga in college as a way to relieve stress and anxiety, then quickly fell in love with it. She is a certified RYS 200 Yoga Instructor for Vinyasa style yoga through Yoga Alliance. She also teaches Restorative, Deep Stretching and a more high energy, vigorous Vinyasa. We're excited to have Reshma join our amazing group of Yoga instructors.

"I'm always open to feedback! Let me know how I'm doing, what you may need out of your practice or just any other general questions or concerns you have before or after class. My motto is 'This is your class and your time.' I'm always here to help, so don't be shy to ask for it!" - Reshma Danak



Feldenkrais® for Beginners

Learn to move more easily, enrich your life and expand your abilities through Feldenkrais®! Gentle, innovative lessons allow you to observe how you move, notice unnecessary tension, and improve your overall coordination. You can learn to: ease pain, reduce stress, prevent injury and improve posture, balance and flexibility. Bring a towel and mat. No class 9/16.

PEDU:761 | \$59

730 W 7pm-7:50pm
Sept. 2 - Oct. 14

Sandy Weiss
Oakville H.S., CAFE

Feldenkrais® for Healthy Backs

Don't let your back limit you! Whether you have back pain or just want to prevent it, the key to a healthy back is learning how to sense the coordination between your front and back. Learn how to notice the habits that lead to tension and pain, then experiment with movements to change your habits, reduce pain and increase your strength and flexibility. Lessons are done sitting, standing and lying on the floor. Bring a towel and mat. No class 11/25.

PEDU:761 | \$59

731 W 7pm-7:50pm
Oct. 21 - Dec. 2

Sandy Weiss
Oakville H.S., CAFE

Self Defense

Krav Maga: Beginner

Are you prepared to defend yourself in an attack? Krav Maga is an exciting and fast-paced class designed to prepare both the body and mind against violent attacks, utilizing stress drills designed to mimic real life situations. Learn the basics of self-defense and hand-to-hand combat techniques to quickly and effectively finish a fight or attack situation.

PEDU:743 | \$95

M04 Sa 10am-11am
Sept. 19 - Nov. 21

Xtreme Krav Maga

M02 M 6pm-7pm
Sept. 21 - Nov. 23

Xtreme Krav Maga

Krav Maga: Beginner - Women Only

Are you prepared to defend yourself in an attack? Krav Maga is an exciting and fast-paced class designed to prepare both the body and mind against violent attacks, utilizing stress drills designed to mimic real life situations. Learn the basics of self-defense and hand-to-hand combat techniques to quickly and effectively finish a fight or attack situation.

PEDU:743 | \$95

M03 Tu 6pm-7pm
Sept. 22 - Nov. 24

Xtreme Krav Maga

Class Nikita: Covert Self-Defense for Women

Arm yourself with the skills necessary to handle any violent or confrontational situation with this highly individualized and practical training. Learn hand-to-hand self-defense, situational awareness, armed/unarmed tactical training, child protection, improvised weapons, weapon recognition/concealment, vehicle and home defense, defense against multiple attackers, and psychological manipulation of attackers.

PEDU:743 | \$95

P01 Th 5:45pm-6:45pm
Sept. 17 - Nov. 19

Systema St. Louis

Systema: Russian Self-Defense

Learn the innovative and versatile self-defense tactics of Systema, the Russian Martial Art. Systema tactics are time practical, realistic and effective against any type of opponent under any circumstance. Based on instinctive reactions, individual strengths and characteristics, specifically designed for fast learning. In Systema, the synergy of three components creates a TRUE WARRIOR - Combat Skill, Strong Spirit and Healthy Body. Class will push your body and test your spirit.

PEDU:743 | \$95

P02 Tu 6:30pm-7:30pm
Sept. 22 - Nov. 24

Systema St. Louis

Systema: Health and Breathing for Self-Defense

Breathing is key to controlling emotions and fear. Learn how to defend yourself against all enemies, including 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 and improve your skills in self-defense as you learn to control your body in all situations.

HEAL:701 | \$59

P01 M 5:45pm-6:45pm
Sept. 21 - Nov. 23

Systema St. Louis

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.

PEDU:766 | \$69

500 Th 4:30pm-5:25pm
Sept. 3 - Nov. 5

Jeanette Miller
FV - CWI, 134

P01 Tu 2:30pm-3:30pm
Sept. 1 - Nov. 3

Jeanette Miller
Solar Yoga Center

T'ai Chi Chih: Continuing

Ready to enhance your T'ai Chi Chih practice? Complete a practice of all 19 movements and the final pose each week, explore key principles of the form, and refine individual movements. Prerequisite: T'ai Chi Chih Beginning class or equivalent experience.

PEDU:767 | \$69

P01 Tu 1:15pm-2:15pm
Sept. 1 - Nov. 3

Jeanette Miller
Solar Yoga Center

Mini-Session | \$39

P02 Tu 1:15pm-2:15pm
Nov. 17 - Dec. 15

Jeanette Miller
Solar Yoga Center

Team Sports

Men's Basketball Recreational

Great way to have fun and get exercise! Play half court and three on three. Bring a white and a dark colored t-shirt to class. Do not wear jewelry. No class 11/3.

PEDU:701 | \$59

730 Tu 7pm-8:30pm
Sept. 8 - Dec. 1

Richard Bannecker
Oakville H.S., GYM

Volleyball: Recreational

Keep fit, have fun and make friends. Just register and come play! All levels welcome.

PEDU:704 | \$69

580 F 7pm-8:30pm
Sept. 18 - Nov. 20

Jason Guss
FV - PE, GYM

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. 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 2pm-4pm
Nov. 3 - Nov. 24

Charles Kelly
Crestwood Bowl

Fencing

Fencing: Beginning I and II

Learn the basics of swordplay in beginning fencing. Class emphasizes basics of footwork, bladework, and bouting and will accommodate returning students as well with instruction to expand technique. Equipment provided. No class 10/21.

PEDU:745 | \$59

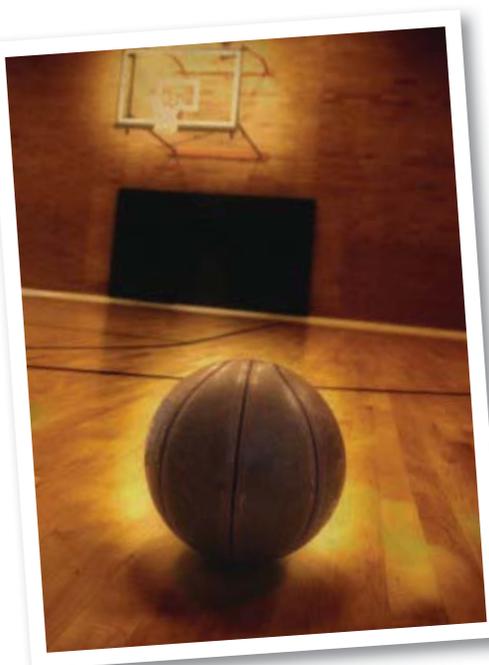
920 W 6pm-6:55pm
Sept. 16 - Nov. 11

Patrick Dorsey
U. City H.S., GIRLS GYM

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Wellness

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. First class meets 9/12 in computer lab, BA- 216. Second class meets 9/19 in classroom, BA-203. Text required - bring to first class.

PERD:709 | \$49

680 Sa 9am-12pm
Sept. 12
Sept. 19

Carol Watkins
MC - BA, 216
MC - BA, 203

New Treasure Journaling

Uncover your personal treasure: your areas of giftedness and genius! Create a 'treasure journal' in class to record everyday life experiences, reflect the positive qualities others see in you and become aware of those qualities in yourself. Collage, guided meditation, journaling, and class interaction exercises provide new insights into the amazing person you really are! Supply list will be emailed.

PERD:709 | \$49

683 Sa 10am-4pm
Sept. 5

Deborah Weltman
MC - CE

'The Artist's Way' - Overview

Explore your creative desires and discover how "The Artist's Way" can help you find trust and joy in your creative self! Learn about the techniques covered in Julia Cameron's book, "The Artist's Way: A Spiritual Path to Higher Creativity," and what to expect in the full 12-week course. Book is not required.

PERD:709 | \$25

682 Sa 10am-12pm
Aug. 22

Deborah Weltman
MC - HW, 104

New "The Artist's Way" - A Spiritual Path to Higher Creativity

Explore your creative desires and learn how "The Artist's Way" can help change your life! Learn and practice techniques used to access your personal creativity, move past creative blocks, and find trust and joy in your creative self. Class based on readings and exercises from Julia Cameron's book "The Artist's Way: A Spiritual Path to Higher Creativity." Bring book to first class. Supply list will be emailed. No class 11/28.

PERD:709 | \$125

684 Sa 10am-12pm
Sept. 12 - Dec. 5

Deborah Weltman
MC - HW, 104



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. 24

Roselyn Mathews
MC - SO, 109

New Practicing Happiness

Would you like to feel happier? Positive psychology research is revealing simple but powerful techniques for increasing one's happiness. Explore a new happiness boosting theme each week and learn several related happiness practices from a licensed psychologist. Between classes, you will apply the new techniques in real life then share your experiences at the next class. Happiness themes include gratitude, mindfulness, kindness, compassion, social connections, and more. Know how to effectively influence your own happiness and which practices work best for you.

PERD:709 | \$49

650 W 7pm-8:30pm
Oct. 14 - Nov. 11

Tawni Hoeglund
MC - SO, 109

New Kid Friendly and Clutter Free!

Has your home become overcrowded with all of your little one's toys? Life with kids can be extremely busy and chaotic. Learn how to simplify your life and organize the chaos 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:711 | \$29

650 Th 6:30pm-8:30pm
Oct. 15 - Oct. 22

Kimberly Meredith
MC - CN, 230

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.

PERD:732 | \$49

450 W 7pm-9pm
Sept. 2 - Sept. 23

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.

PERD:732 | \$49

650 M 7pm-9pm
Sept. 28 - Oct. 19

Rhonda Leifheit
MC - CS, 120

Developing Intuition

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

450 Tu 7pm-9pm
Nov. 3 - Nov. 24

Rhonda Leifheit
FP - G Tower, 115

New Dining Etiquette 101

Are you intimidated by formal table settings? Not sure when to use each utensil or which water glass is yours? Worry no more! Enhance your etiquette dining skills, learn the basic rules of proper dining, along with learning how to avoid the etiquette faux pas. Leave with the self-confidence to excel in social, private and public dining settings.

PERD:738 | \$19

680 Sa 10am-11am
Oct. 24

Catherine Satchell
MC - SC, 125

New Relationship 101: How to Pick a Partner

Do you feel like you are always attracting Jerks/Jerkettes? Are you beginning to believe there's no one out there for you? Do you want to learn the secrets to having a healthy happy long term relationship? Then this course is for you! Whether you are in a relationship or looking for that special someone, learn how to avoid the "love is blind" syndrome. Explore key areas that foreshadow what a partner will be like over the long term and how to pace a relationship. Gain the tools you need to break unhealthy dating patterns and focus on your own emotional health. Fee includes textbook.

PERD:741 | \$39

710 W 7pm-9pm
Oct. 28 - Nov. 4

Kim Harness
Clayton H.S., 108

Communication Arts

Nonverbal Communication: How to Speak and Listen Without Words

Avoid miscommunication and become a better communicator overall! Learn about the extraordinary amount of information that can be provided through nonverbal communication and how 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 improve your communication skills.

COMM:711 | \$29

650 M 6:30pm-8:30pm
Oct. 19 – Oct. 26

Erin De Vore
MC - SO, 204

Making Movies With Your Mobile Device!

Are you the next Steven Spielberg or YouTube sensation? Learn to create movie magic entirely on your cell phone or tablet - take any video you shoot to the next level 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! Projects will be completed outside of class then all will be viewed at the last class. Bring smartphone or tablet with you to class.

COMM:765 | \$49

650 Tu 6:30pm-8:30pm
Sept. 22 – Oct. 13

Dale Ward
MC - CN, 227

No Sweat Public Speaking

Speaking opportunities are business, career and leadership opportunities! Are you making the most of those speaking opportunities? Learn how to develop, practice and deliver Knock Your Socks Off presentations with - NO SWEAT! Instructor will present: the components, parts and elements of a presentation; tips for taking a presentation from 'blah' to 'ah'; and the fear of public speaking. Class taught by a local speaker, coach and author.

COMM:715 | \$39

650 Tu 6:30pm-8:30pm
Nov. 10 – Nov. 24
920 W 6:30pm-8:30pm
Sept. 23 – Oct. 7

Fred Miller
MC - CN, 202
Fred Miller
U. City H.S., 112

New Are You Ready for Radio?

Are you thinking about a career as a radio personality? Get a better understanding of what the radio industry is really like and see whether or not this is the right choice for you. Learn basic announcing skills through reading exercises, ad libs and group critiques. Do you have what it takes? Come find out!

COMM:720 | \$29

680 Sa 9am-12pm
Oct. 10
450 Tu 6pm-9pm
Nov. 17

Laurie Beakley
MC - CS, 209
Laurie Beakley
FP - G Tower, 117

Voiceovers: Get Paid to Talk

Have you been told that you have a great voice? Learn how to get started in the voiceover industry! This introductory course will include a real-world overview of the industry, including the good, the bad and the ugly parts, from one of St. Louis' own voice artists.

PERD:765 | \$39

680 Sa 9am-12pm
Nov. 7

Michael Doran
MC - SW, 207

Voiceovers II: Making Money With Your Voice

If you enjoyed our introductory course, Voiceovers - Get Paid to Talk, this is your next step! Go through real-life voice training exercises and techniques with a voiceover professional. Arrive with a basic understanding of the voiceover business, because you will dive right into the mechanics of reading copy. At the end of the class, you'll have a basic grasp of capturing your performance using recording software and be able to take home a copy of your personal session's voiceover! Pre-requisite: Voiceovers - Get Paid to Talk. Bring 1Gb flashdrive.

PERD:765 | \$39

681 Sa 12:30pm-3:30pm
Nov. 7

Michael Doran
MC - SW, 207

Fashion and Color Analysis

Master Your Make-up

Get hands-on training to create the looks you love. Get an audit of your makeup bag. Learn techniques to apply flawless foundation, cheeks, eyes, lips, and finishing touches. Bring a make-up mirror and your current foundation.

FSHN:701 | \$35

400 Tu 6:30pm-8:30pm
Sept. 29 – Oct. 6
500 Tu 6:30pm-8:30pm
Sept. 1 – Sept. 8

Stephanie Hall
FP - G Tower, 113
Stephanie Hall
FV - CWI, 136

The Eyes Have It-Lids and Lashes

Do you struggle to find colours that will compliment your eyes and make them pop? Learn the products to use and how to prep your eyes for contouring and color. In addition learn to make the most of your own lashes or how to apply individual and strip lashes. Bring a make-up mirror to class.

FSHN:701 | \$25

501 Tu 6:30pm-8:30pm
Sept. 22
401 Tu 6:30pm-8:30pm
Oct. 13

Stephanie Hall
FV - CWI, 136
Stephanie Hall
FP - G Tower, 113

Making Color Work for You

In shopping for apparel it is often the first thing that catches our attention. Learn how to make color choices to enhance your image.

FSHN:702 | \$25

600 Th 6:30pm-8:30pm
Oct. 1
400 Th 6:30pm-8:30pm
Oct. 22

Stephanie Hall
MC - CS, 204
Stephanie Hall
FP - G Tower, 119

Hot Tools: Hair Styling Secrets

A styling basics class to teach curling, flat ironing, smoothing and other techniques. You will find your hair easier to manage and create a new style!

FSHN:700 | \$25

500 Tu 6:30pm-8:30pm
Oct. 27

Stephanie Hall
FV - CWI, 136



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St. Louis
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Continuing
Education

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

Non-Discrimination/Accommodations Statement

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. Sexual harassment, including sexual violence, is also prohibited. For information or concerns related to discrimination or sexual harassment, contact William Woodward, Associate Vice Chancellor for Student Affairs, 314-539-5374.

If you have accommodation needs, please contact Anne Marie Schreiber, 314-984-7704, at least two working days prior to the event.

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).

Credit Card Payment:

Charge fees to: MasterCard VISA Discover American Express

Email Address: _____

UIN or SS#: _____ Birthdate: _____

Name: _____
LAST FIRST MIDDLE INITIAL

Address: _____
STREET OR POST OFFICE BOX

CITY STATE ZIP CODE

Telephone/Home: _____ Work: _____

_____ Expiration Date: _____
CARD NUMBER

Signature: _____

Please register me for the following courses:

Course Code	Section	Course Title	Day/Time	Fees
Total				