

Fall 2017

Health and Wellness



Mind, Body and Spirit



St. Louis Community College
Continuing Education

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

Health and Wellness

Natural Wellness: Overview of Traditional Chinese Medicine

Explore the fundamental concepts of Traditional Chinese Medicine (TCM); concepts that have been the foundation of TCM for over 2500 years! Learn the basics of principles and how you can apply them in your daily life to enhance your health and wellness. Class taught by a licensed acupuncturist and herbalist with a PhD in Traditional Chinese Medicine.

HEAL:701 | \$29

650 Th 6pm-9pm
Nov. 30

Alex Chen
MC - BA, 124

New Natural Wellness: Alternative Healthcare

Modern scientific research has shown how Complementary and Alternative Medicine can help in treating systematic and chronic diseases. Understand how the mechanism of acupuncture and other forms of treatment in Traditional Chinese Medicine (TCM) provide alternative options for common but difficult-to-treat diseases such as Alzheimer's, stroke, cancer, and Parkinson's disease. Class taught by a licensed acupuncturist and herbalist with a PhD in Traditional Chinese Medicine.

HEAL:701 | \$29

651 Th 6:30pm-8:30pm
Dec. 7 - Dec. 14

Alex Chen
MC - LH, 101

Back Care Basics

Do you know why approximately 80% of Americans experience back pain? Understand how the spine and posture relate to your overall health and well-being. Learn about the strain caused by daily life activities such as sleeping, ergonomics and the growing disabilities created by today's technology. Proper exercises and stretching will also be demonstrated during class to create awareness on what you can do to help yourself and others!

HEAL:703 | \$15

480 Sa 11am-11:50am
Oct. 7

Timothy Sullivan
FP - F Tower, 327

680 Sa 11am-11:50am
Nov. 18

Timothy Sullivan
MC - SO, 105

Couples Massage

Enjoy spending time together as you learn 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 will be emailed.

HEAL:704 | \$49

480 Sa 9:30am-3:30pm
Oct. 21

Alice Sanvito
FP - HSP, 221

680 Sa 9:30am-3:30pm
Dec. 2

Alice Sanvito
MC - SW, 106

Dump Sugar for Good

Do you have a sweet tooth that has you reaching for that candy bar or ice cream often? It's not an easy task but you can break up with your sugar habit. Health and Wellness Coach, Amber Branson, will help you learn how to successfully stop the addiction and create healthy habits along the way!

HEAL:712 | \$25

680 Sa 10am-12pm
Oct. 21

Amber Branson
MC - SO, 109

Winter Wellness: Boosting Your Immune System

Cold and Flu season is here! So are the holidays! Discover great ways to boost your immunity and reduce your chances of getting sick this winter; even learn how to avoid the dreaded weight gain this season with a personalized action plan to keep you healthy through the holidays and feeling great going into the New Year!

HEAL:712 | \$25

580 Sa 10am-12pm
Nov. 4

Amber Branson
FV - C, 111

New Detox Your Home

Ready to detoxify your surroundings for optimum health? Learn how everyday items in your home can unknowingly affect your body and what you can do to stop it. Reduce unnecessary toxins in your home so that you can breathe easy. Homemade approaches will be discussed as well as what to look for when purchasing household items.

HEAL:765 | \$25

650 Th 6:30pm-8:30pm
Sept. 21

Amber Branson
MC - SO, 109

Karma

Explore what karma is and how it is connected to your past lives. Learn how it operates, how to recognize when it is occurring and how you can resolve karma in the most effective way. Acquire skills necessary to identify karmic lessons and move forward in life.

PERD:709 | \$25

682 Sa 10am-12pm
Nov. 4

MC - SO, 109

The Power of Coincidence

Discover how to trust your intuition and receive the power of synchronicities. Explore the interconnectedness of all things and build a greater awareness of "meaningful coincidences" in life!

PERD:709 | \$25

681 Sa 10am-12pm
Oct. 7

MC - SO, 109

Facing Your Giants

Explore the continual lessons and obstacles you face in life and the 'giant' that is lurking underneath these events. Discover how to recognize dysfunctional giants and how they manifest. Learn strategies to conquer those giants, calm the drama and end self-sabotaging behaviors that result from these overwhelming problems.

PERD:709 | \$25

S50 Th 6:30pm-8:30pm
Oct. 26

STLCC - SC, 118

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

600 F 10am-11:30am
Oct. 6 - Nov. 3

Tawni Hoeglund
MC - CS, 204

Call 314-984-7777 to register today!

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 five 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 9:30am-12:30pm
Sept. 9 – Sept. 16

Carol Watkins
MC - BA, 203

New Courage, Risks and Rewards: Taking Chances to Change Your Life

Life is all about choices. The decision to leap into something new and different can be both terrifying and thrilling, but taking chances can also offer significant rewards. Examine the concept of risk, learn how to change your mindset and identify five powerful perspectives on risk taking that will empower you to take more chances and create opportunities for happiness and fulfillment!

PERD:709 | \$25

683 Sa 9:30am-11:30am
Oct. 21

Carol Watkins
MC - BA, 203

Simplify Your Life: Fall Cleaning Edition

Winter is coming; time to prepare your home! As the world outside begins to transform, so can you! Learn how to simplify your life with great tips from a Professional Organizing Consultant! Improve your time management, a huge help with the busy holiday season, and learn how to make a big difference in your home with small changes.

PERD:711 | \$25

680 Sa 9am-12pm
Nov. 11

Kimberly Meredith
MC - CS, 206

Stress Management

Live a healthier, happier life by learning how to deal with stress effectively. Discover what stress is and identify your personal stress response. Class will also explore adaptogens and the role they play in stress reduction.

PERD:712 | \$25

480 Sa 10am-12pm
Dec. 2

Amber Branson
FP - G Tower, 323

New Astrology: Your Roadmap for Life

Are you ready to find your best life? Learn how to read your birth chart and apply this knowledge to live a happier and more satisfied life. Printout of your birth chart will be provided in class. Registration/Withdrawal deadline one week before class to ensure birth chart for each student. Supply list will be emailed.

PERD:731 | \$25

650 M 6pm-9pm
Nov. 20

Linda Sherwin
MC - SO, 108

480 Sa 9am-12pm
Oct. 14

Linda Sherwin
FP - G Tower, 323

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

651 Th 6:30pm-8:30pm
Oct. 19 – Nov. 9

Rhonda Leifheit
MC - CS, 211

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

650 Tu 6:30pm-8:30pm
Sept. 12 – Oct. 3

Rhonda Leifheit
MC - CS, 211

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. No class 11/22.

PERD:735 | \$49

650 W 6:30pm-8:30pm
Nov. 1 – Nov. 29

Rhonda Leifheit
MC - CS, 211

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. 25 – Nov. 1

Kim Harness
Clayton H.S., 108

New Understanding Personality Types

Learn to recognize four basic personality types and identify your own unique combination. Begin to better understand and relate to people with very different personality types, enhance relationships and gain a healthy level of self-worth by developing strength in your areas of weakness.

PERD:743 | \$25

C50 Tu 7pm-8:30pm
Nov. 21 – Nov. 28

Nancy Cohen
Corp. College, 211

New Assertiveness for the Sensitive Person

Have you ever been told that you are "too nice" and need to be more assertive? Sensitive people tend to place a higher value on the needs and opinions of others over their own, which leaves them feeling powerless and unheard. Learn how powerful you really are and develop confidence to be more comfortably assertive.

PERD:744 | \$25

C50 Th 7pm-8:30pm
Oct. 26 – Nov. 2

Nancy Cohen
Corp. College, 211

New UFOs in Missouri

Are you intrigued by the unknown? Unidentified Flying Objects are being spotted in the skies over Missouri. Come with an open mind to explore the most recent cases in your area and share your own experiences. Taught by the State Section Director and Field Investigator for the Mutual UFO Network (MUFON).

PERD:749 | \$25

650 Tu 6:30pm-8:30pm
Nov. 14

MC - SO, 105

Aerobic Exercise

Cardio Kickboxing

A great workout with an experienced instructor from The Martial Arts Center! Begin class with a warm-up and stretching followed by an aerobic workout; including floor work and self-defense moves.

PEDU:744 | \$69

780 M 7pm-8pm
Sept. 18 – Nov. 27
No Class 11/6

Timothy Toeniskoetter
Sperreng, LG GYM

M01 W 7pm-8pm
Sept. 20 – Nov. 22

Timothy Toeniskoetter
Martial Arts Ctr (Mehl), STUDIO

Zumba Gold

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

PEDU:747 | \$59

M01 W 11am-11:50am
Sept. 6 – Oct. 25

ADIVA Dance Center, STUDIO

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 exciting class to shape your body naturally into a fit new you! Bring two 1-lb Zumba toning sticks to class.

PEDU:747 | \$59

M02 Th 6pm-6:50pm
Sept. 7 – Oct. 26

ADIVA Dance Center, STUDIO

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. No class 10/4, 10/18, 11/22.

PEDU:754 | \$75

730 W 6pm-6:50pm
Aug. 30 – Dec. 6

Susan Pellegrino
Oakville H.S., CAFE

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. No class 10/17.

PEDU:755 | \$75

604 Tu 8am-8:50am
Sept. 5 – Nov. 28

Gary Ketcherside
MC - PE, GYM

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 workout 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

M02 Sa 8:15am-9:10am
Sept. 9 – Oct. 21
No Class 9/30

Karol McNutt
MC - PE, 105

M03 Sa 8:15am-9:10am
Oct. 28 – Dec. 9

Karol McNutt
MC - PE, 105

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. Learn the correct way to train in terms of form, tempo, and exercise selection. Despite the group setting, this class will challenge you individually to give your 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 - meet at the entrance to the PE Building on O Parking Lot.

PEDU:755

10 Sessions | \$139

608 TuTh 5:45am-6:45am
Sept. 26 – Oct. 31
No Class 10/17

MC - PE

609 TuTh 9:30am-10:30am
Sept. 26 – Oct. 31
No Class 10/17

MC - PE

602 MWF 5:45am-6:45am
Oct. 30 – Nov. 20

MC - PE

603 MWF 5:45am-6:45am
Nov. 27 – Dec. 18

MC - PE

12 Sessions | \$159

610 TuTh 5:45am-6:45am
Nov. 2 – Dec. 14
No Class 11/23

MC - PE

611 TuTh 9:30am-10:30am
Nov. 2 – Dec. 14
No Class 11/23

MC - PE

15 Sessions | \$195

601 MWF 5:45am-6:45am
Sept. 25 – Oct. 27

MC - PE

650 MW 5:30pm-6:30pm
Oct. 30 – Dec. 20
No Class 11/22

MC - PE



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. 5 - Dec. 5
No Class 10/17, 10/31

781 W 7pm-7:55pm
Sept. 6 - Nov. 29
No Class 11/22

Marsha Fey
Sperreng, SM GYM

Marsha Fey
Sperreng, SM GYM

New R.I.P.P.E.D.

Get a total body workout in this high interval intensity training class! Improve your cardiovascular endurance, muscle tone, core strength, coordination and agility through resistance, intervals, power, plyometrics, endurance and diet. All fitness levels welcome. Bring a mat, towel and water.

PEDU:755 | \$59

600 Tu 9am-9:50am
Sept. 5 - Oct. 10

Angie Fister
MC - PE, 201

New Barre Above™

Sculpt your body with this fun, dynamic workout! Fusing pilates, yoga, ballet, aerobics, and strengthening exercises, Barre Above™ is a great way to improve your posture, flexibility, strength and balance. All fitness levels welcome. Bring a mat, towel and water.

PEDU:755 | \$59

605 Tu 9am-9:50am
Oct. 24 - Nov. 28

Angie Fister
MC - PE, 105



Pilates/Yoga

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 | \$89

650 M 6:15pm-7:10pm
Aug. 28 - Nov. 27
No Class 9/4

Katherine McMeans
MC - PE, 105

651 W 6:15pm-7:10pm
Aug. 30 - Nov. 29
No Class 11/22

Katherine McMeans
MC - PE, 105

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 water, towel and yoga mat.

PEDU:756 | \$69

M02 Th 5:30pm-7pm
Sept. 7 - Oct. 19
No Class 10/12

Denise Motta
Affton White-Rodgers, A

M03 Th 5:30pm-7pm
Oct. 26 - Dec. 7
No Class 11/23

Denise Motta
Affton White-Rodgers, A

BUTI® Yoga

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 mat.

PEDU:761 | \$69

651 Th 6:30pm-7:25pm
Sept. 14 - Nov. 16
P03 Tu 5:30pm-6:15pm
Sept. 19 - Nov. 28
No Class 10/31

Alexandra Culberson
MC - PE, 105
Holly Wilson
Flex Fitness Studio



**Call 314-984-7777
to register today!**

Iyengar Yoga

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, 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 | \$69

Beginning

- 350 W 7:45pm-9pm
Aug. 23 - Oct. 4
- 450 Th 6:30pm-7:45pm
Aug. 24 - Oct. 5
- 352 W 7:45pm-9pm
Oct. 18 - Dec. 6
No Class 11/22
- 451 Th 6:30pm-7:45pm
Oct. 19 - Dec. 7
No Class 11/23

Robert Gadon

WW, 102B

Robert Gadon

FP - PE, EAST RM

Robert Gadon

WW, 102B

Robert Gadon

FP - SC, 25

Continuing

- 351 W 6:15pm-7:30pm
Aug. 23 - Oct. 4
- 353 W 6:15pm-7:30pm
Oct. 18 - Dec. 6
No Class 11/22

Robert Gadon

WW, 102B

Robert Gadon

WW, 102B

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 | \$69

- M05 M 12:15pm-1:15pm
Sept. 11 - Nov. 13

Kelly Kauffmann

Afton White-Rodgers, GYM

Yoga

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. All levels welcome. Bring a towel and mat.

PEDU:761

Mini Session | \$25

- M09 M 6pm-7pm
Aug. 14 - Aug. 28
- M10 M 7:15pm-8:15pm
Aug. 14 - Aug. 28

Sharon Danyluck

Sunset Hills Comm. Ctr, MULTI

Sharon Danyluck

Sunset Hills Comm. Ctr, MULTI

10 Sessions | \$69

- 780 M 6:30pm-7:25pm
Sept. 18 - Nov. 27
No Class 10/23

Rena Potsos

Sperreng, Fit Room 54

13 Sessions | \$89

- P02 W 6:30pm-7:25pm
Aug. 30 - Nov. 29
No Class 11/22

STLCC Staff

Nottingham School, GYM

- M12 M 6pm-7pm
Sept. 18 - Dec. 11
- M13 M 7:15pm-8:15pm
Sept. 18 - Dec. 11

Sharon Danyluck

Sunset Hills Comm. Ctr, MULTI

Sharon Danyluck

Sunset Hills Comm. Ctr, MULTI

15 Hours | \$95

- M03 Tu 1pm-2:30pm
Sept. 5 - Nov. 7

Julie Garland

Big Bend Yoga Ctr

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 towel and mat.

PEDU:761

Mini Session | \$39

- M01 M 9:30am-10:30am
Aug. 21 - Sept. 18
No Class 9/4
- M02 W 9:30am-10:30am
Aug. 23 - Sept. 20
No Class 9/6

Nicole Thompson

Queeny-Rec Complex, MULTI

Nicole Thompson

Queeny-Rec Complex, MULTI

10 Sessions | \$69

- M07 M 9:30am-10:30am
Oct. 2 - Dec. 4
- M08 W 9:30am-10:30am
Oct. 4 - Dec. 6

Nicole Thompson

Queeny-Rec Complex, MULTI

Nicole Thompson

Queeny-Rec Complex, MULTI

Gentle Yoga - MSPC

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.

PEDU:761 | \$79

- M11 W 7pm-8pm
Aug. 23 - Oct. 11
- M14 W 7pm-8pm
Oct. 18 - Dec. 6

Masterpeace Studios

Masterpeace Studios

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. 11 - Nov. 13

Kelly Kauffmann

Afton White-Rodgers, GYM

15 Hours | \$95

- M04 Th 9am-10:30am
Sept. 7 - Nov. 9

Karen Martinez

Big Bend Yoga Ctr

SUP: Stand up Paddleboarding - Yoga

Leave the yoga mat behind and enjoy a challenging, core-strengthening exercise on the water! Learn to use breathing, stretching and relaxation techniques as you balance mind and body on a paddleboard. All levels welcome; must know how to swim. Dress appropriately for outdoor water activity. Fee includes all equipment.

PEDU:770 | \$39

- M03 Sa 10am-10:50am
Sept. 16 - Sept. 23

Simpson Lake

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!

T'ai Chi

Chen Tai Chi for Beginners

Strengthen your body through slow, smooth movements; increase energy through mindful breathing; and improve balance through the constant shift of body weight. Tai Chi is a traditional form of martial arts that helps boost self-healing power, stimulates the brain and promotes coordination. All ages and levels of ability can harvest the health benefits of Tai Chi.

PEDU:766 | \$59

600 W 1pm-1:50pm

Sept. 20 – Nov. 8

650 Th 6pm-6:50pm

Sept. 21 – Nov. 9

Alex Chen

MC - PE, 201

Alex Chen

MC - PE, 201

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

P01 Tu 2:30pm-3:30pm

Aug. 22 – Oct. 24

Jeanette Miller

Solar Yoga Center

T'ai Chi Chih: Beginning/Continuing

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. Class will accommodate beginning and continuing students. No class 10/19, 11/23.

PEDU:766 | \$69

500 Th 4:30pm-5:25pm

Sept. 14 – Nov. 30

Jeanette Miller

FV - CWI, 134

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

Aug. 22 – Oct. 24

Jeanette Miller

Solar Yoga Center

Mini Session | \$39

P02 Tu 1:15pm-2:15pm

Nov. 14 – Dec. 12

Jeanette Miller

Solar Yoga Center

Self Defense

Pro-Active Personal Security and Self-Defense

Easy-to-learn concepts make this a great seminar for novice students that are interested in practical application of self-defense without countless, complicated techniques. Be pro-active and prepare yourself to face stronger, more skilled, armed and unarmed opponents through a unique combination of demonstrations and hands-on tactics. No shoes on mats; athletic wear required.

PEDU:743 | \$25

680 F 6pm-9pm

Oct. 20

681 Sa 9:30am-12:30pm

Nov. 18

Dennis Fonod

MC - PE, 105

Dennis Fonod

MC - PE, 105

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. No class 10/31.

PEDU:743 | \$95

P01 Tu 6:30pm-7:30pm

Oct. 3 – Dec. 12

Systema STL

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. No class 11/23.

PEDU:743 | \$95

P02 Th 5:45pm-6:45pm

Oct. 5 – Dec. 14

Systema STL

Krav Maga

Are you prepared to defend yourself in an attack? Krav Maga, the preferred system for U.S. military units and law enforcement agencies, is an exciting, aggressive and fast-paced class designed to prepare both the body and mind for violent attacks. Utilizing stress drills designed to mimic real life situations, new students and repeat beginners will practice self-defense and hand-to-hand combat techniques to quickly and effectively finish a fight or attack situation. Class is hands-on and fully interactive. No shoes on mats; athletic wear required.

PEDU:743 | \$95

M01 M 6pm-7pm

Sept. 11 – Nov. 13

Xtreme Krav Maga

M03 Sa 10am-11am

Sept. 30 – Dec. 9

Xtreme Krav Maga

No Class 11/25

Women Only

M02 Tu 6pm-7pm

Sept. 12 – Nov. 21

Xtreme Krav Maga

No Class 10/31

Practical Self-Defense for Women

Maximize your own power and gain confidence in your ability to defend yourself in an attack situation. Easy to learn and highly effective techniques make this a great introduction for beginning students interested in learning new skills and a great refresher for anyone that has been through basic self-defense. Female instructor, with over 25 years in martial arts, will cover situational awareness, standup defense (striking and kicking), defense against grab attacks, grappling techniques to escape from ground attacks and more! Ages 13 and up; students under 18 must be accompanied by parent/guardian. Registration required for each participant. All gear is provided. Signed waiver required for each participant. No shoes on mats; athletic wear required. Class is hands on; basic physical fitness required to practice techniques with partners.

PEDU:743 | \$25

580 Sa 9:30am-12:30pm

Oct. 7

Gina Breadon

FV - PE, 122

682 F 6pm-9pm

Dec. 1

Gina Breadon

MC - PE, 105

M04 F 6pm-9pm

Sept. 15

CODA Martial Arts

M05 F 6pm-9pm

Nov. 3

CODA Martial Arts

Call 314-984-7777 to register beginning August 7

Non Discrimination and Accommodations statements

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 Mary Zabriskie, J.D. at 314-539-5345.

Access Office – disability Support Services for students with documented disabilities are available through campus Access offices. These services include: advising and academic counseling, coordination of academic accommodations and support services, consultation with faculty and staff regarding accommodation needs as well as help with connecting to community professionals and agencies. To qualify for services complete the online Application for Services and contact the Access Office on the campus where you plan to attend. Applications are accepted at any time during the semester, but the College recommends submitting requests as early as possible to allow time to make any necessary arrangements in time for the start of classes. Accommodations are generally not provided retroactively so it is important for you to apply for accommodations and provide documentation that supports your requested accommodations as soon as you can. For more information, visit stlcc.edu/disability or call the Access Office on your campus.

Firearms on College Property

Except for licensed police officers, no person shall possess or carry any firearm, visible or concealed, on College property (including College buildings and grounds-leased or owned by the College-College athletic fields and parking lots) or in any College van or vehicle or at College-sponsored activities. College employees, students and visitors who hold concealed carry endorsements as allowed by Missouri law may not carry or bring any firearms, visible or concealed, on College property, owned or leased, or at any College activities.

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 Continuing Education Offices M-F 8:30 am - 4 pm

Meramec

802 Couch Avenue
St. Louis, MO 63122

Florissant Valley

At the Center for Workforce Innovation
3400 Pershall Rd., Ferguson, MO 63135

Forest Park

Forest Park, Student Center, 125
5600 Oakland Ave., St. Louis, MO 63110

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



By Phone

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

Telephone: 314-984-7777

NEW-Call Center Hours: M-Th 8:30 am - 5 pm; Fridays 8:30 am-4 pm

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 / phone number /email)
3. Student 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.

Please register me for the following courses:

Course Code	Section	Course Title	Day/Time	Fees
Total				

☐ Male ☐ Female

Email Address: _____

Senior Citizen?

Student#: _____ Birthdate: _____

☐ Yes ☐ No

Name: _____
LAST FIRST MIDDLE INITIAL

Do you have a disability-related need?

Address: _____
STREET OR POST OFFICE BOX

☐ Yes ☐ No

CITY STATE ZIP CODE

Telephone/Home: _____ Work: _____

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

Expiration Date: _____

CARD NUMBER

Signature: _____

Please check material fees prior to sending in payment.