Spring 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

Like us on Facebook

St. Louis
Community
College
Continuing
Education
### 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.

<table>
<thead>
<tr>
<th>PEDU:744</th>
<th>$69</th>
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</thead>
<tbody>
<tr>
<td>780</td>
<td>M 7pm-8pm</td>
</tr>
<tr>
<td>Feb. 23 – May 4</td>
<td></td>
</tr>
<tr>
<td>No class 3/16.</td>
<td></td>
</tr>
<tr>
<td>M01</td>
<td>W 7pm-8pm</td>
</tr>
<tr>
<td>Feb. 18 – April 22</td>
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**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 3/18.

<table>
<thead>
<tr>
<th>PEDU:747</th>
<th>$79</th>
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<tbody>
<tr>
<td>P01</td>
<td>W 5:30pm-6:15pm</td>
</tr>
<tr>
<td>Jan. 28 – May 13</td>
<td></td>
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<tr>
<td>Jill Woehrle</td>
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<tr>
<td>Nottingham, GYM</td>
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**Zumba: Beginning**
Dance your way to fitness with Zumba! Let the Latin music take you away with a combination of Salsa, Merengue, Samba, and Cumba. 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.

<table>
<thead>
<tr>
<th>PEDU:747</th>
<th>$55</th>
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<tbody>
<tr>
<td>M03</td>
<td>5a 9am-9:50am</td>
</tr>
<tr>
<td>Feb. 14 – April 4</td>
<td></td>
</tr>
<tr>
<td>Theresa Daniels</td>
<td></td>
</tr>
<tr>
<td>Advia Dance Ctr</td>
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**Zumba**
Dance your way to fitness with Zumba. Let the Latin music take you away with a combination of Salsa, Merengue, Samba, and Cumba. It’s a great high-energy, low-impact workout that’s fun!

<table>
<thead>
<tr>
<th>PEDU:747</th>
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<tbody>
<tr>
<td>550</td>
<td>MW 7pm-7:50pm</td>
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<tr>
<td>Feb. 2 – March 9</td>
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<tr>
<td>No class 2/16.</td>
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<tr>
<td>551</td>
<td>MW 7pm-7:50pm</td>
</tr>
<tr>
<td>March 30 – April 29</td>
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</tr>
<tr>
<td>V01</td>
<td>5a 10am-10:50am</td>
</tr>
<tr>
<td>Feb. 28 – May 9</td>
<td></td>
</tr>
<tr>
<td>Almas Del Ritmo Dance Co.</td>
<td></td>
</tr>
<tr>
<td>No class 4/4.</td>
<td></td>
</tr>
<tr>
<td>On-street parking; stairs-only access to studio.</td>
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</table>

**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.

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<thead>
<tr>
<th>PEDU:747</th>
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<tbody>
<tr>
<td>M01</td>
<td>W 11am-11:50am</td>
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<tr>
<td>Feb. 11 – April 1</td>
<td></td>
</tr>
<tr>
<td>Theresa Daniels</td>
<td></td>
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<tr>
<td>Advia Dance Ctr</td>
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**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!

<table>
<thead>
<tr>
<th>PEDU:747</th>
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<tbody>
<tr>
<td>8 Sessions</td>
<td></td>
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<tr>
<td>Please bring two 1 lb Zumba toning sticks to class. Available for purchase online.</td>
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</tr>
<tr>
<td>M02</td>
<td>W 6pm-6:50pm</td>
</tr>
<tr>
<td>Feb. 11 – April 1</td>
<td></td>
</tr>
<tr>
<td>M04</td>
<td>5a 10am-10:50am</td>
</tr>
<tr>
<td>Feb. 14 – April 4</td>
<td></td>
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<tr>
<td>10 Sessions</td>
<td></td>
</tr>
<tr>
<td>$69</td>
<td></td>
</tr>
<tr>
<td>Zumba toning sticks available at studio but you are welcome to bring your own. On-street parking; stairs-only access to dance studio.</td>
<td></td>
</tr>
<tr>
<td>V02</td>
<td>MW 6pm-6:50pm</td>
</tr>
<tr>
<td>April 6 – May 6</td>
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<tr>
<td>Almas Del Ritmo Dance Co.</td>
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**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 2/25, 3/18. **PEDU:772 | $75**

| 730 | W 6pm-6:50pm |
| Jan. 28 – April 29 |
| Susan Pellegrino |
| Oakville H.S., CAFE |

**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.

<table>
<thead>
<tr>
<th>PEDU:772</th>
<th>$49</th>
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<tbody>
<tr>
<td>M01</td>
<td>Tu 3pm-5pm</td>
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<tr>
<td>March 24 – April 14</td>
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</tr>
<tr>
<td>Charles Kelly</td>
<td></td>
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<tr>
<td>Brunswick Zone Chesterfield</td>
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**Fencing**
**Fencing: Beginning I**
Learn the basics of swordplay in beginning fencing. Class emphasizes basics of footwork, bladework, and bouting. Equipment provided. No class 3/18.

<table>
<thead>
<tr>
<th>PEDU:745</th>
<th>$59</th>
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<tbody>
<tr>
<td>920</td>
<td>W 6:30pm-7:25pm</td>
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<tr>
<td>March 11 – April 29</td>
<td></td>
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<tr>
<td>Patrick Dorsey</td>
<td></td>
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<tr>
<td>U. City H.S., GIRLS GYM</td>
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**Fitness**
**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.

<table>
<thead>
<tr>
<th>PEDU:755</th>
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<tbody>
<tr>
<td>Nine sessions</td>
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<tr>
<td>No class 1/19</td>
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<tr>
<td>14 sessions</td>
<td></td>
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<tr>
<td>$150</td>
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<td>$59</td>
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<td>$160</td>
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<td>$100</td>
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**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!
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
604 MW 4pm-4:55pm
     Jan. 26 – March 11
No class 2/16
     Angelicia Fingers
     MC - PE, 201
605 MW 4pm-4:55pm
     March 30 – May 11
     Angelicia Fingers
     MC - PE, 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
     Marsha Fey
     Sperreng, Fitness Rm. 54
     No class 3/17, 4/7
781 W 7pm-7:55pm
     Marsha Fey
     Sperreng, Fitness Rm. 54
     No class 3/18

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 | $75
606 Tu 8am-8:50am
     Gary Ketcherside
     MC - PE, GYM
     No class 3/17
607 Th 8am-8:50am
     Gary Ketcherside
     MC - PE, GYM
     No class 3/19

Total Body Ball Workout
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. Hand weights are optional. No class 3/17.

PEDU:755 | $69
782 T 6pm-6:55pm
     Rena Potsos
     Sperreng, Fitness Rm. 54
     Feb. 24 – May 5

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 | $69
608 TuTh 5:55am-6:55am
     Gail Velten
     Jan. 27 – Feb. 26
     MC - PE, GYM
609 TuTh 5:55am-6:55am
     Dennis Kelly
     March 24 – April 23
     MC - PE, GYM

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
M08 M 1:30pm-2:30pm
     Kelly Kauffmann
     Feb. 23 – April 27
     Affton White-Rodgers, GYM
     15 Hours | $95
M02 Th 9am-10:30am
     Melanie Klug
     Feb. 5 – April 9
     Big Bend Yoga Center
     Equipment/mats available or you may bring your own.

Yoga for Seniors
Open your mind to a new understanding of your body. Gentle, slow-paced combination of stretch and strength work. Breath work and meditation are great for calming and relieving stress. Bring a mat, towel and water. Held in Fellowship Hall.

SENR:704 | $79
M01 Th 10am-11am
     Masterpeace Studios
     Feb. 5 – March 26
M02 Th 10am-11am
     Masterpeace Studios
     April 9 – May 28

Call 314-984-7777
to register today!
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. All levels welcome. Bring a towel and mat.

PEDU:761
10 Sessions | $69
M14 Tu 7:30pm-8:25pm Garden of Life Spiritual Ctr, MP
Feb. 10 – April 28
Katherine Hanewinkel
PEDU:761
Mead Youth & Community Center.
Tu 4pm-5:55pm
Feb. 17 – April 28
Robert Gadon
No class 3/17
W 6:30pm-7:25pm
Feb. 11 – April 29
Robert Gadon
PEDU:761
Mead Youth & Community Center.
No class 3/18, 4/22
F 9am-10am
Feb. 27 – May 15
Louisa Donovan
PEDU:761
780
M 6pm-7pm
Feb. 23 – May 4
Rena Potos
No class 3/16
Also bring a yoga belt, and #6 or 8 resistance band.
Also bring a wool-style blanket, yoga block and strap.
Also bring a yoga belt, and #6 or 8 resistance band.

New 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 water, mats provided. Class held at Flex Studio (3139A South Grand Blvd, Suite 201, Saint Louis MO 63118).

PEDU:761 | $69
P02 Tu 7:30pm-8:15pm
Feb. 10 – April 14
FP - Off Campus

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, 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. All levels welcome. Bring a towel and mat. No class 3/18, 4/22.

PEDU:761 | $95
S15 W 7pm-8:30pm
Feb. 11 – April 29
Robert Gadon
M20 W 6:30pm-7:20pm
March 26 – May 7
Denise Motta

The Feldenkrais Method® 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 4/5.

PEDU:761 | $59
W01 Su 4:30pm-5:30pm
March 8 – April 19
Kelly Feder

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
M03 M 12:15pm-1:15pm Masterpeace Studios
Feb. 23 – April 27
Kelly Kaufmann
PEDU:756
M04 W 9am-10am Masterpeace Studios
April 8 – May 27
Gentle Yoga - MSCP
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. Held in Arden Mead Youth & Community Center.

PEDU:761 | $79
M12 W 7pm-8pm Masterpeace Studios
Feb. 4 – March 25
M13 W 7pm-8pm Masterpeace Studios
April 8 – May 27
M05 M 9:30am-10:30am Robert Gadon
Feb. 9 – April 20
Query Park Rec
No class 2/16
Also bring a wool-style blanket, yoga block and strap.
M06 W 9:30am-10:30am Robert Gadon
Feb. 11 – April 15
Query Park Rec
Also bring a wool-style blanket, yoga block and strap.
M07 W 10am-11am
Mar. 16
Katherine McMeans
M10 M 6:pm-7pm
Sharon Danyluck
Sunset Hills Comm. Ctr
Feb. 2 – May 4
No class 2/16
M11 M 7:30pm-8:30pm Sharon Danyluck
Sunset Hills Comm. Ctr
Feb. 2 – May 4
No class 2/16
15 Hours | $95
P01 W 6:30pm-7:25pm
Jill Woehrle
Nottingham, GYM
Jan. 28 – May 13
No class 3/18
M01 Tu 1pm-2:30pm
Julie Garland
Big Bend Yoga Center
Feb. 3 – April 7
Equipment/mats available or you may bring your own.

Center your mind, body and spirit!
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
M01  Sa  8:15am-9:10am  Karol McNutt  Dance Arts-STL  Feb. 14 – March 21
M02  Sa  8:15am-9:10am  Karol McNutt  Dance Arts-STL  March 28 – May 2

New Stretch and Flex
Stretching is the key to flexibility and flexibility is a key pillar to overall well-being, health, body alignment and symmetry. Bring your flexibility to new heights and see how various stretching techniques can make a big difference on how you feel! Bring mat for floorwork. No class 2/16.

PEDU:755 | $75
550  MW  6pm-6:50pm  Barbara Harris  FV - PE, 233  Feb. 2 – March 11
551  MW  6pm-6:50pm  Barbara Harris  FV - PE, 233  March 30 – May 6

New Total Body Strength Training
Get a total body workout in a short period of time with a basic format targeting the entire body - chest, back, shoulders, arms, legs and abs! Exercisers who are familiar with basic strength moves can feel comfortable using what they learn for a simple home workout when not in class. Bring mat and a resistance band.

PEDU:755 | $75
550  MW  6pm-6:50pm  Barbara Harris  FV - PE, 233  Feb. 2 – March 11
551  MW  6pm-6:50pm  Barbara Harris  FV - PE, 233  March 30 – May 6

T’ai Chi 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  Jeanette Miller  FV - CWI, 136  Feb. 26 – May 7
    No class 3/19
P01  Tu  2:30pm-3:30pm  Jeanette Miller  Solar Yoga Center  Feb. 17 – April 21
M01  M  11am-12pm  Gale Rublee Portman  Queeny Park Rec  March 2 – May 4
650  W  5pm-5:50pm  Gale Rublee Portman  MC - PE, 201  Feb. 25 – May 20
    No class 3/18, 4/15, 4/22

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  Jeanette Miller  Solar Yoga Center  Feb. 17 – April 21
Mini-Session | $39
P02  Tu  1:15pm-2:15pm  Jeanette Miller  Solar Yoga Center  May 3 – Jun. 2

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 3/17, 4/7.

PEDU:701 | $59
730  Tu  7pm-8:30pm  Richard Bannecker  Oakville H.S., GYMB  Feb. 3 – May 5

Volleyball: Recreational
Keep fit, have fun and make friends. Just register and come play! All levels welcome. No class 3/20.

PEDU:704 | $69
580  F  7pm-8:30pm  Jason Guss  FV - PE, GYM  Feb. 20 – May 1

Our classes fill fast! Call 314-984-7777 to register today!
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 5/2 in computer lab, BA-216. Second class meets 5/9 in classroom, BA-220. Text required - bring to first class. Strengths Finder 2.0, ISBN: 9781595620156.

PERD:709 | $49
680  Sa  10am-12pm
     May 2
     May 9

Meditation: How and Why
Learn how to quiet your conscious mind (inner chatter), move inward and attune to your Higher Mind. As you shift your attention/awareness within, align with the Subconscious, and then the Super-conscious Mind, you have access to the vast storehouse of Inner Wisdom. In this class you will explore various exercises and methods to deepen your meditation experience. Meditation will be practiced in each class and a meditation CD will be provided. Bring a blanket/pillow.

PERD:732 | $59
720  Th  7pm-9:30pm
     April 2 – April 16

How to be Happy
Get ready to clap your hands and stomp your feet! Even if you are already “Happy and you know it” learn useful tools to increase your own happiness, build teamwork and improve relationships. You can control your happiness, and overall well-being, by identifying your strengths, values, lifestyle and behavior. Bring a notebook and pen.

PERD:739 | $49
650  Tu  6pm-8pm
     March 24 – April 14

The Science of Handwriting Analysis
What if you could get a glance at a person’s self-esteem, goals, self-confidence, fears, defenses, and so much more? Handwriting Analysis offers that key. Learn how to use this fascinating tool to quickly and accurately identify conscious and sub-conscious personality traits of yourself and others just by looking at a person’s handwriting! Fee includes most materials, just bring a notebook and pen.

PERD:743 | $59
680  Sa  10am-1pm
     April 11 – April 25

CSI: Distinguishing Between Fact and Fiction
Do you have what it takes to be a detective based on what you have learned from popular crime dramas on television? Learn what is fact and what is Hollywood fiction. Coordinator of the Criminal Justice program at STLCC-Meramec discusses ten of the most prevalent mistakes in forensics-based television shows. Real crime scene photos and cases will be discussed. Participants must be 18 or older.

PERD:765 | $29
653  Th  7pm-9pm
     March 26
450  Th  7pm-9pm
     April 23

Simplify Life: Spring Cleaning Edition
It’s that time of year again! 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 and learn how to make a big difference in your home with small changes.

PERD:765 | $29
650  Th  7pm-9pm
     March 26– April 2

New Year, New You: Setting and Achieving Your Personal Goals
It’s that time of year again! 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 and learn how to make a big difference in your home with small changes.

PERD:709 | $35
650  W  6:30pm-8:30pm
     Jan. 28– Feb. 4

Lavender Aromatherapy
Enjoy the art of treating body, mind and spirit with aromatic substances harvested from nature’s rich store. Lavender is generally regarded as the most versatile essence therapeutically. Explore all aspects of lavender used for these purposes. You will even get to take home a bottle of lavender essential oil. Class will be held lakeside in the old red barn (fans but no air conditioning - dress appropriately for the season). For directions to the lavender farm: www.WindingBrookEstate.com. Registration/Withdrawal deadline: 4/29.

HEAL:701 | $29
WD1  Sa  10:30am-12pm
     May 2

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
     March 2 – May 4

Celebrate the Mind, Body and Spirit with Continuing Education!
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  Alice Sanvito  Feb. 14
160  Sa 9:30am-3:30pm  Alice Sanvito  April 11

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 positive statements. No class 3/16.
HEAL:706 | $49
650  M 7pm-9pm  Rhonda Leifheit  March 2 – March 30  MC - CS, 120

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  Rhonda Leifheit  April 1 – April 22  FP - B Tower, 013

The Magic of Coincidence
Discover how to trust intuition and receive the power of synchronicities. Explore the interconnectedness of all things and build to a greater awareness of “meaningful coincidences” in life!
HEAL:765 | $25
680  Sa 10am-12pm  Roselyn Mathews  March 28  MC - SQ, 109

A Bucket of Life
Many adults in the United States are overweight, putting them at risk for high blood pressure, high cholesterol, cardiovascular disease, and diabetes. Learn how to make small changes that produce big results over time. Class will discuss content from “A Bucket of Life,” a medically-based fitness fable designed to educate and engage adult students in reclaiming fitness. Students expected to read book before class and be prepared to discuss content. A Bucket of Life, ISBN # 978-0-615764146.
HEAL:713 | $39
680  Sa 9am-12pm  James Toombs  March 28  MC - AS, 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:718 | $29
650  W 6:30pm-8:30pm  Erin De Vore  March 4 – March 11  MC - SQ, 105

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  Dale Ward  April 21 – May 12  MC - CN, 201

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.
FSHN:701 | $25
500  Tu 6pm-8:30pm  Stephanie Hall  Feb. 10  FV - CWI

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.
FSHN:701 | $25
501  Tu 6:30pm-8:30pm  Stephanie Hall  Feb. 17  FV - CWI

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:702 | $29
450  M 7pm-9pm  Ashley Skaggs  Feb. 23  FP - G Tower, 115
451  M 7pm-9pm  Ashley Skaggs  May 11  FP - G Tower, 115

Curling Iron Class
Learn tips and tricks for curling your hair at this workshop whether you are looking for tightly wound ringlets or waves. We will show you how to style your hair and the best irons and products to use for your hair type and texture.
FSHN:702 | $25
501  T 6:30pm-8:30pm  Stephanie Hall  Feb. 24  FV - CWI
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.

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.

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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.

Email Address: _________________________________________________________________
UIN or SS#: ____________________________ Birthdate: ____________________________
Name: __________________________________________________________________________
LAST FIRST MIDDLE INITIAL
Address: __________________________________________________________________________
STREET OR POST OFFICE BOX __________________________________________________
CITY   STATE   ZIP CODE
Telephone/Home:  ____________________________    Work:  _______________________________

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
CARD NUMBER ____________________________ Expiration Date: ____________________________
Signature: ____________________________________________________

Please register me for the following courses:

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