

# *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

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St. Louis  
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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.

PEDU:744 | \$69

780 M 7pm-8pm  
Feb. 23 – May 4  
No class 3/16.

Timothy Toeniskoetter  
Sperreng, SM GYM

M01 W 7pm-8pm  
Feb. 18 – April 22

Timothy Toeniskoetter  
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 3/18.

PEDU:747 | \$79

P01 W 5:30pm-6:15pm  
Jan. 28 – May 13

Jill Woehrle  
Nottingham, GYM

### 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  
Feb. 14 – April 4

Theresa Daniels  
Adiva Dance Ctr

### 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  
Feb. 2 – March 9  
No class 2/16.

Paula Taylor  
FV - PE, 233

551 MW 7pm-7:50pm  
March 30 – April 29

Paula Taylor  
FV - PE, 233

V01 Sa 10am-10:50am  
Feb. 28 – May 9  
No class 4/4.

Almas Del Ritmo Dance Co.  
On-street parking; stairs-only access to studio.

### 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  
Feb. 11 – April 1

Theresa Daniels  
Adiva Dance Ctr

### 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!

PEDU:747

8 Sessions | \$55

Please bring two 1 lb Zumba toning sticks to class. Available for purchase online.

M02 W 6pm-6:50pm  
Feb. 11 – April 1

Theresa Daniels  
Adiva Dance Ctr

M04 Sa 10am-10:50am  
Feb. 14 – April 4

Theresa Daniels  
Adiva Dance Ctr

10 Sessions | \$69

Zumba toning sticks available at studio but you are welcome to bring your own. On-street parking; stairs-only access to dance studio.

V02 MW 6pm-6:50pm  
April 6 – May 6

Almas Del Ritmo Dance Co.

### 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:750 | \$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.

PEDU:772 | \$49

M01 Tu 3pm-5pm  
March 24 – April 14

Charles Kelly  
Brunswick Zone Chesterfield

## 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.

PEDU:745 | \$59

920 W 6:30pm-7:25pm  
March 11 – April 29

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

## 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.

PEDU:755 |

Nine sessions | \$100

652 MW 6pm-7pm  
Feb. 9 – March 11  
No class 1/19

MC - PE, GYM

14 sessions | \$150

601 MWF 5:45am-6:45am  
Feb. 9 – March 13  
No class 2/16

MC - PE, GYM

15 sessions | \$160

602 MWF 5:45am-6:45am  
March 16 – April 17

MC - PE, GYM

603 MWF 5:45am-6:45am  
April 20 – May 22

MC - PE, GYM

**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  
Feb. 3 – May 5  
No class 3/17, 4/7

Marsha Fey  
Sperreng, Fitness Rm. 54

781 W 7pm-7:55pm  
Feb. 4 – April 29  
No class 3/18

Marsha Fey  
Sperreng, Fitness Rm. 54

### 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  
Feb. 10 – May 5  
No class 3/17

Gary Ketcherside  
MC - PE, GYM

607 Th 8am-8:50am  
Feb. 12 – May 7  
No class 3/19

Gary Ketcherside  
MC - PE, GYM

### 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  
Feb. 24 – May 5

Rena Potsos  
Sperreng, Fitness Rm. 54

### 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  
Jan. 27 – Feb. 26

Gail Velten  
MC - PE, GYM

609 TuTh 5:55am-6:55am  
March 24 – April 23

Dennis Kelly  
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  
Feb. 23 – April 27

Kelly Kauffmann  
Affton White-Rodgers, GYM

15 Hours | \$95

M02 Th 9am-10:30am  
Feb. 5 – April 9

Melanie Klug  
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  
Feb. 5 – March 26

Masterpeace Studios

M02 Th 10am-11am  
April 9 – May 28

Masterpeace Studios

# Call 314-984-7777 to register today!



 St. Louis  
Community  
College  
Continuing Education

## Spring into health and wellness with

## 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  
Feb. 10 – April 28 Garden of Life Spiritual Ctr, MP  
No class 3/3, 4/7
- 600** Tu 4pm-4:55pm  
Feb. 17 – April 28 Katherine Hanewinkel  
MC - PE, 201  
No class 3/17
- 350** W 6:30pm-7:25pm  
Feb. 11 – April 29 Robert Gadon  
WW, 102A  
No class 3/18, 4/22
- M09** F 9am-10am  
Feb. 27 – May 15 Louisa Donovan  
Bluebird Park-NEW LOCATION  
No class 4/17, 4/24

- M05** M 9:30am-10:30am  
Feb. 9 – April 20 Robert Gadon  
Queeny Park Rec  
No class 2/16  
Also bring a wool-style blanket, yoga block and strap.
- M06** W 9:30am-10:30am  
Feb. 11 – April 15 Robert Gadon  
Queeny Park Rec  
Also bring a wool-style blanket, yoga block and strap.
- 780** M 6pm-7pm  
Feb. 23 – May 4 Rena Potsos  
Sperreng, Fitness Rm. 54  
No class 3/16  
Also bring a yoga belt, and #6 or 8 resistance band.

- 13 Sessions | \$89
- M10** M 6pm-7pm  
Feb. 2 – May 4 Sharon Danyluck  
Sunset Hills Comm. Ctr  
No class 2/16
- M11** M 7:30pm-8:30pm  
Feb. 2 – May 4 Sharon Danyluck  
Sunset Hills Comm. Ctr  
No class 2/16
- 15 Hours | \$95
- P01** W 6:30pm-7:25pm  
Jan. 28 – May 13 Jill Woehrlé  
Nottingham, GYM  
No class 3/18
- M01** Tu 1pm-2:30pm  
Feb. 3 – April 7 Julie Garland  
Big Bend Yoga Center  
Equipment/mats available or you may bring your own.

### 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

- M07** M 12:15pm-1:15pm  
Feb. 23 – April 27 Kelly Kauffmann  
Affton White-Rodgers, GYM

### Yoga Basics - MSPC

New to yoga or desire a slow, gentle pace? Start with the basics and learn standard yoga postures, flexibility, and correct breathing techniques in this beginner class. Bring a mat, towel and water. Held in Fellowship Hall.

PEDU:761 | \$79

- M03** W 9am-10am  
Feb. 4 – March 25 Masterpeace Studios
- M04** W 9am-10am  
April 8 – May 27 Masterpeace Studios

### 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. Held in Arden Mead Youth & Community Center.

PEDU:761 | \$79

- M12** W 7pm-8pm  
Feb. 4 – March 25 Masterpeace Studios
- M13** W 7pm-8pm  
April 8 – May 27 Masterpeace Studios

### 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** Tu 6:30pm-7:25pm  
Feb. 10 – April 28 Garden of Life Spiritual Ctr, MP  
No class 3/3, 4/7
- 13 Sessions | \$89
- 650** M 6:30pm-7:20pm  
Jan. 26 – May 4 Katherine McMeans  
MC - PE, 201  
No class 2/16, 3/16
- 651** W 6:30pm-7:20pm  
Jan. 28 – May 13 Katherine McMeans  
MC - PE, 201  
No class 3/18, 4/15, 4/22

### 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

7 Sessions | \$69

- M01** Th 5:30pm-7pm  
Jan. 29 – March 12 Denise Motta  
Affton White-Rodgers, B
- M02** Th 5:30pm-7pm  
March 26 – May 7 Denise Motta  
Affton White-Rodgers, B

### 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 5:30pm-6:15pm  
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

- 351** W 7pm-8:30pm  
Feb. 11 – April 29 Robert Gadon  
WW, 102A

### 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  
Comp. Chiropractic, STUDIO

*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  
Feb. 14 – March 21

**Karol McNutt**  
Dance Arts-STL

M02 Sa 8:15am-9:10am  
March 28 – May 2

**Karol McNutt**  
Dance Arts-STL

***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  
Feb. 2 – March 11

**Barbara Harris**  
FV - PE, 233

***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

551 MW 6pm-6:50pm  
March 30 – May 6

**Barbara Harris**  
FV - PE, 233



**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  
Feb. 26 – May 7

No class 3/19

P01 Tu 2:30pm-3:30pm  
Feb. 17 – April 21

M01 M 11am-12pm  
March 2 – May 4

650 W 5pm-5:50pm  
Feb. 25 – May 20

No class 3/18, 4/15, 4/22

**Jeanette Miller**  
FV - CWI, 136

**Jeanette Miller**  
Solar Yoga Center

**Gale Rublee Portman**  
Queeny Park Rec

**Gale Rublee Portman**  
MC - PE, 201

**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  
Feb. 17 – April 21

Mini-Session | \$39

P02 Tu 1:15pm-2:15pm  
May 5 – Jun. 2

**Jeanette Miller**  
Solar Yoga Center

**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 3/17, 4/7.

PEDU:701 | \$59

730 Tu 7pm-8:30pm  
Feb. 3 – May 5

**Richard Bannecker**  
Oakville H.S., GYMB

**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  
Feb. 20 – May 1

**Jason Guss**  
FV - PE, GYM

**Our classes fill fast!**  
**Call 314-984-7777**  
**to register today!**



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

## 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

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

### 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

Jean Walters  
Ladue H.S., 131

### 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

Jenna Mueller  
MC - AS, 102

### 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

Deanna Nash  
MC - SW, 108

### 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

Michael Hepner  
MC - CS, 104

450 Th 7pm-9pm  
April 23

Michael Hepner  
FP - F Tower, 211

### 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

Kimberly Meredith  
MC - CN, 202

### 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

Donna Werner  
MC - CS, 206

### 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](http://www.WindingBrookEstate.com). Registration/Withdrawal deadline: 4/29.

HEAL:701 | \$29

WD1 Sa 10:30am-12pm  
May 2

Winding Brook Est.

### 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

STL Combat Inst.



## 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  
Feb. 14

Alice Sanvito  
FP - HSP, 221

680 Sa 9:30am-3:30pm  
April 11

Alice Sanvito  
MC - SW, 204

## 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. No class 3/16.

HEAL:706 | \$49

650 M 7pm-9pm  
March 2 - March 30

Rhonda Leifheit  
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  
April 1 - April 22

Rhonda Leifheit  
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  
March 28

Roselyn Mathews  
MC - SO, 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# 978-0615764146.

HEAL:713 | \$39

680 Sa 9am-12pm  
March 28

James Toombs  
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  
March 4 - March 11

Erin De Vore  
MC - SO, 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  
April 21 - May 12

Dale Ward  
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  
Feb. 10

Stephanie Hall  
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  
Feb. 17

Stephanie Hall  
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  
Feb. 23

Ashley Skaggs  
FP - G Tower, 115

451 M 7pm-9pm  
May 11

Ashley Skaggs  
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  
Feb. 24

Stephanie Hall  
FV - CWI

Like us on facebook



St. Louis  
Community  
College  
Continuing  
Education

### Accommodations Statement

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

### Notice of Non-Discrimination

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

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

## Registration is Easy!!!



#### Mail

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

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



#### In Person at STLCC

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

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



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

#### Telephone: 314-984-7777

*Before calling to register, have this information ready:*

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



#### Online: [www.stlcc.edu](http://www.stlcc.edu)

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

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

#### Registration Deadline

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

#### Automatic Bank Payment (ACH)

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

### Mail-IN

#### Registration form *Please print in ink.*

Male  Female

#### Senior Citizen?

Yes  No

#### Check Payment:

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

Email Address: \_\_\_\_\_

UIN or SS#: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Name: \_\_\_\_\_  
LAST FIRST MIDDLE INITIAL

Address: \_\_\_\_\_  
STREET OR POST OFFICE BOX

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

Telephone/Home: \_\_\_\_\_ Work: \_\_\_\_\_

#### Credit Card Payment:

Charge fees to:  MasterCard  VISA  Discover  American Express

Expiration Date: \_\_\_\_\_

CARD NUMBER

Signature: \_\_\_\_\_

#### *Please register me for the following courses:*

Course Code	Section	Course Title	Day/Time	Fees
<b>Total</b>				