

Spring 2016 *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
Community
College
Continuing
Education

Aerobic Exercise

Aerobic Kickboxing

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

PEDU:744 | \$69

M01 W 7pm-8pm
March 2 – May 4

Timothy Toeniskoetter
The Martial Arts Cntr (Mehlvl)

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

551 MW 7pm-7:50pm
March 28 – May 2

Paula Taylor
FV - PE, 233

Boot Camp with Sharkfitness

Challenge yourself! Classes consist of resistance training, calisthenics, short runs, and drills designed to work every major muscle group in the 60-minute class. You will learn the correct way to train in terms of form, tempo, and exercise selection. Despite the group setting, this class challenges participants individually to give their best and expect optimal results. Must be able to jog 300 yards without rest. Bring a towel or mat and water.

PEDU:755

Mornings

15 Sessions | \$192

602 MWF 5:45am-6:45am
March 21 – April 22

MC - PE

603 MWF 5:45am-6:45am
April 25 – May 27

MC - PE

10 Sessions | \$130

606 TuTh 5:45am-6:45am
March 22 – April 21

MC - PE

607 TuTh 5:45am-6:45am
April 26 – May 26

MC - PE

610 TuTh 9:30am-10:30am
March 22 – April 21

MC - PE

611 TuTh 9:30am-10:30am
April 26 – May 26

MC - PE

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

613 MW 4pm-4:55pm
March 28 – May 9

MC - PE, 201

Rise and Shine: Senior Workout

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

PEDU:755 | \$75

615 TuTh 5:55am-6:55am
March 29 – May 5

Gail Velten
MC - PE, GYM

Qi Gong - Chair Exercise for Health

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

PEDU:755 | \$39

M01 F 9am-9:45am
March 25 – April 22

Kathleen Schabelski
Affton WR Comm Ctr, A

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

M04 Sa 8:15am-9:10am
April 9 – May 14

Karol McNutt
Dance Arts of St. Louis

Introduction to CrossFit for Masters - Ages 50+

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

PEDU:755 | \$75

M02 W 10am-11am
March 23 – April 27

BARx CrossFit

**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!**



Self Defense

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

M03 Sa 10am-11am
March 5 – May 7

Xtreme Krav Maga

Women Only

M02 Tu 6pm-7pm
March 1 – May 3

Xtreme Krav Maga

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.

PEDU:743 | \$59

P01 M 5:45pm-6:45pm
March 7 – May 9

Systema St. Louis

Systema: Russian Self-Defense

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

PEDU:743 | \$95

P02 Tu 6:30pm-7:30pm
March 8 – May 10

Systema St. Louis

Class Nikita: Covert Self-Defense for Women

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

PEDU:743 | \$95

P03 Th 5:45pm-6:45pm
March 10 – May 12

Systema St. Louis

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. Athletic wear required.

PEDU:743 | \$25

680 Sa 9am-12pm
April 2

Dennis Fonod
MC - PE, 105

681 Sa 9am-12pm
April 30

Dennis Fonod
MC - PE, 105

T'ai Chih

T'ai Chi Chih: Continuing - Mini Session

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 | \$39

P02 Tu 1:15pm-2:15pm
May 3 – May 31

Jeanette Miller
Solar Yoga Center

Team Sports

Volleyball: Recreational

Keep fit, have fun and make friends. Just register and come play! All levels welcome. No class 3/18.

PEDU:704 | \$69

580 F 7pm-8:30pm
March 4 – May 13

Jason Guss
FV - PE, GYM

New Human Foosball League

Taking the classic game of table Foosball to the max! Human Foosball is the newest game picking up popularity that literally puts YOU in the game! Players are attached to beams that slide side to side and fight to score a goal against the other team. Grab some friends and have fun playing games for 6 weeks, then end with a tournament for all teams on the 7th week. Participants must wear rubber soled tennis shoes and sign waiver. Withdrawal deadline: 3/17.

PEDU:765 | \$49

MD2 Th 6pm-9pm
March 24 – May 5

G.A.H.F.-STL

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.

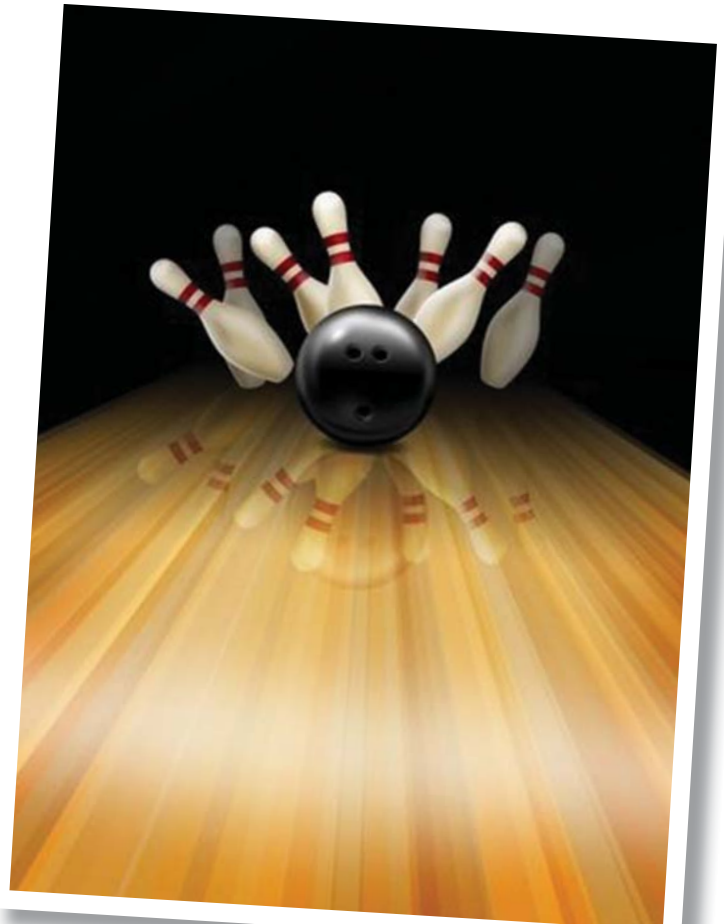
PEDU:772 | \$49

M01 Tu 3pm-5pm
March 8 – March 29

Charles Kelly
Crestwood Bowl

M02 Tu 2pm-4pm
April 12 – May 3

Charles Kelly
Crestwood Bowl



Wellness

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

680 Sa 9:30am-3:30pm
April 23

Alice Sanvito
MC - SW, 106

MELT®

Do you suffer from chronic pain? The MELT® Method is a great way to alleviate chronic pain and re-balance the neural core. MELT® is changing the way people care for their bodies. This simple, proactive self-help approach to maintaining a healthy, pain-free, active lifestyle is the best first step for anyone looking to feel better. Regardless of your age, gender, or current activity level, anyone can learn to MELT®! All tools will be provided. Bring plenty of water to drink.

HEAL:709 | \$75

M02 Tu 4pm-4:50pm
April 19 - May 10

Body by Pilates,
STUDIO RUE

Healthy Living

Are you ready for a healthier you? Living an unhealthy lifestyle increases your 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 healthy habits. Book recommended but not required. A Bucket of Life, ISBN 978-0615764146.

HEAL:713 | \$29

680 Sa 9:30am-12:30pm
March 5

James Toombs
MC - SO, 112

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!

PERD:709 | \$25

680 Sa 10am-12pm
April 2

Roselyn Mathews
MC - SO, 109

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 4/30 in computer lab, BA- 216. Second class meets 5/7 in classroom, BA-203. Text required - bring to first class. Strengths Finder 2.0, ISBN: 9781595620156.

PERD:709 | \$49

681 Sa 9am-12pm
April 30
Sa 9am-12pm
May 7

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

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 Tu 10am-11:30am
April 5 - May 3

Tawni Hoeglund
MC - CS, 104

Basics of Couponing

Are you ready to save money but not sure where to start? Get the coupon basics, tips, and tricks in this 3 hour class. After learning all about how to coupon, put your new skills to the test at a nearby store where the instructor will help walk you through the entire process! Students to provide own transportation and should bring notebook/pen.

PERD:710 | \$39

S50 M 6:30pm-8pm

Laura Duffin
SCEUC, 120

M 8:01pm-9:30pm

March 7

MC - Off Campus

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:711 | \$25

650 Sa 9am-12pm
April 2

Kimberly Meredith
MC - CS, 206

Meditation for Health and Harmony

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

PERD:732 | \$49

450 W 7pm-9pm
March 30 - April 20

Rhonda Leifheit
FP - B Tower, 013

550 Th 7pm-9pm
April 28 - May 19

Rhonda Leifheit
FV - CWI, 136

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. Fee includes CD. Bring a blanket or pillow.

PERD:732 | \$69

720 Th 7pm-9:30pm
April 7 - April 21

Jean Walters
Ladue H.S., 131

The Intersection of Business and Spirituality

Enjoy a spirited and respectful conversation with other students who may hold differing opinions. Class dialog will be open-minded discussions, not debates, on various topics including consciously matching your workplace values to your personal values, economic systems, non-traditional business models and cross-cultural concepts. Bring notebook and pen.

PERD:734 | \$49

650 Tu 6:30pm-8:30pm
April 5 - April 19

Deborah Weltman
MC - CE

Developing Intuition

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

PERD:735 | \$49

650 Tu 7pm-9pm
April 12 - May 3

Rhonda Leifheit
MC - CS, 120

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

550 Th 7pm-9pm
April 21

Michael Hepner
FV - C, 103

650 Th 7pm-9pm
March 24

Michael Hepner
MC - CS, 120

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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

10 Sessions | \$69

M01 Tu 10:15am-11:15am
March 1 – May 10
No class 3/15

Denise Motta
Affton WR Comm Ctr, GYM

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

Seven Sessions | \$69

M03 Th 5:30pm-7pm
March 31 – May 12

Denise Motta
Affton WR Comm Ctr, B

Iyengar Yoga: Beginning

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

PEDU:761

Seven Hours | \$49

352 W 8pm-8:50pm
March 30 – May 11

Robert Gadon
WW, 102B

10.5 Hours | \$69

450 Th 6:30pm-7:50pm
March 31 – May 12

Robert Gadon
FP - B Tower, 013

Iyengar Yoga: Continuing

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

PEDU:761 | \$69

353 W 6:15pm-7:45pm
March 30 – May 11

Robert Gadon
WW, 102B

Feldenkrais® for Healthy Backs

Don't let your back limit you! Whether you have back pain or just want to prevent it, the key to a healthy back is learning how to sense the coordination between your front and back. Learn how to notice the habits that lead to tension and pain, then experiment with movements to change your habits, reduce pain and increase your strength and flexibility. Lessons are done sitting, standing and lying on the floor. Bring a towel and mat. No class 3/23.

PEDU:761 | \$59

730 W 7pm-7:50pm
March 16 - April 27

Joanie French
Oakville H.S., CAFE

Gentle Yoga

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

PEDU:761 | \$79

M13 W 7pm-8pm
April 6 – May 25

Masterpeace Studios

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

Eight Sessions | \$59

M07 F 9am-10am
March 25 – May 13

Louisa Donovan
Bluebird Park

10 Sessions | \$69

550 Tu 6:30pm-7:25pm
March 1 – May 10

Sheri McCord
FV - PE, 233

No class 3/15

BUTI® Yoga: Beginning

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

PEDU:761 | \$69

650 Th 6:30pm-7:15pm
March 3 – May 12

Alex Culberson
MC - PE, 105

No class 3/17

Bring a towel and mat.

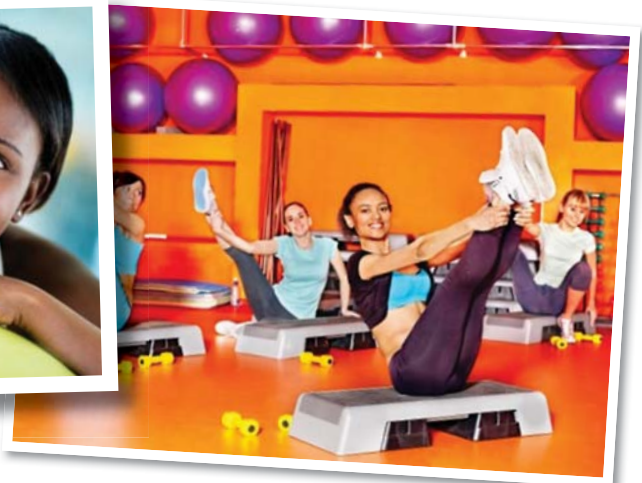
SUP: Stand Up Paddleboarding - Yoga

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 paddle board. All levels welcome; must know how to swim. Dress appropriately for outdoor water activity. Fee includes all equipment.

PEDU:770 | \$35

M04 Sa 11am-11:45am
May 7 – May 14

Simpson Lake



Non-Discrimination/Accommodations Statement

St. Louis Community College is committed to non-discrimination and equal opportunities in its admissions, educational programs, activities, and employment regardless of race, color, creed, religion, sex, sexual orientation, national origin, ancestry, age, disability, genetic information, or status as a disabled or Vietnam-era veteran, and shall take action necessary to ensure non-discrimination. Sexual harassment, including sexual violence, is also prohibited. For information or concerns related to discrimination or sexual harassment, contact William Woodward, associate vice chancellor for student affairs, 314-539-5374.

If you have accommodation needs, please contact Ann Marie Schreiber, 314-984-7704, at least six weeks prior to the class or event

Registration is Easy!!!



Mail

Complete the registration form (below) and mail with check (*payable to St. Louis Community College*) to:

STLCC Continuing Education, 3221 McKelvey Road, Suite 250, Bridgeton, MO 63044

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



In Person at STLCC

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

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



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

Telephone: 314-984-7777

Before calling to register, have this information ready:

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



Online: www.stlcc.edu

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

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

Registration Deadline

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

Automatic Bank Payment (ACH)

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

Please register me for the following courses:

| Course Code | Section | Course Title | Day/Time | Fees |
|--------------|---------|--------------|----------|------|
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| Total | | | | |

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: _____