



Spring 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
Feb. 2

Alex Chen
MC - BA, 122

Back Care Basics

Approximately 80% of Americans experience back pain, but you don't have to let it control your life. Understand how the spine relates to health and the importance of posture, even with something as simple as sending a text message. Learn about proper sleep position and how to create an ergonomic workstation to help minimize strain on your back and neck. Stretches and exercises that can help maintain good spinal health will also be demonstrated during class.

HEAL:703 | \$15

S50 Tu 7pm-7:50pm
April 11

Timothy Sullivan
SCEUC, 118

680 Sa 11am-11:50am
Feb. 25

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 emailed.

HEAL:704 | \$49

480 Sa 9:30am-3:30pm
April 22

Alice Sanvito
FP - HSP, 221

680 Sa 9:30am-3:30pm
Feb. 11

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

M01 M 12pm-12:50pm

Body by Pilates,
STUDIO RUE

March 6 - March 27

M02 M 12pm-12:50pm

Body by Pilates,
STUDIO RUE

April 3 - April 24

New Workshop | \$29

M03 F 6pm-7:30pm
March 3

Body by Pilates,
STUDIO RUE

M04 F 6pm-7:30pm
April 7

Body by Pilates,
STUDIO RUE

M05 F 6pm-7:30pm
May 5

Body by Pilates,
STUDIO RUE

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

450 W 6:30pm-8:30pm
Feb. 22

Amber Branson
FP - G Tower, 115

Winter Wellness: Boosting Your Immune System

Cold and Flu season is here! 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 with a personalized action plan to improve your health after the holidays and feeling great in the New Year!

HEAL:712 | \$25

650 Th 6:30pm-8:30pm
Jan. 19

Amber Branson
MC - SO, 108

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 taught by Dr. James Toombs and 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 4

James Toombs
MC - SO, 112

New Introduction to Matrix Thinking: Learning Outside of the Box

Did you enjoy the movie The Matrix? If so, then you might be surprised to know that the matrix has a very interesting interdisciplinary history and its applications and meanings are nearly endless. In this seminar, you will learn more about the history of the matrix and its significance as a master trope. Whether you are looking for ways to improve your critical and creative thinking skills for work or deepen your understanding of the interconnectedness of everyday experiences and academics, Matrix Thinking helps you see these networks and relationships in a totally different way. This seminar provides the eye-opening learning experiences that will make you (re)evaluate everything you thought you knew and the person you think you are.

PERD:709 | \$25

450 W 6:30pm-8pm
Feb. 1 - Feb. 22

Jeremy Dennis
FP - D Tower, 215

New 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

680 Sa 10am-12pm
April 8

Dana West
MC - SO, 105

S50 Th 6:30pm-8:30pm
March 9

Dana West
SCEUC, 120

New 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 and end self-sabotaging behaviors that result from these overwhelming problems.

PERD:709 | \$25

681 Sa 10am-12pm
May 6

Dana West
MC - SO, 105

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

480 Sa 9am-12pm
March 4
March 11

Carol Watkins
FP - E Tower, 310
FP - E Tower, 315

651 Th 6pm-9pm
April 27 - May 4

Carol Watkins
MC - BA, 203

New Flourishing With Your Strength Blueprint

Do you have the opportunity to do what you do best each day? Discover, develop and deliver on your strengths, those things that you are naturally good at and actually enjoy doing. Positive Psychology research shows that developing your strengths and talents helps to improve confidence, performance and well-being. Whether you are seeking to discover your strengths, design a strengths fueled future or want to deliver on your strengths each day, having a strengths blueprint will help you to flourish in both your work and personal life. There will be an hour lunch break.

PERD:709 | \$49

682 Sa 9am-4pm
May 13

Carol Watkins
MC - BA, 203

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

680 Sa 9am-12pm
March 25

Kimberly Meredith
MC - CS, 104

580 Sa 10am-1pm
April 22

Kimberly Meredith
FV - C, 111

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

550 Th 6:30pm-8:30pm
April 27

Amber Branson
FV - C, 111



Leaving a Legacy Letter for Your Loved Ones

Leaving the gift of words doesn't cost anything and yet, your letter may end up being your most remembered and cherished legacy. But where to start and what to include? How do you get past staring at a blank piece of paper and find the words that you want to say and that they need to know? Discuss topics, ideas and ways of doing just that. Through exercises, creative techniques and discussion, you can find the words to express your values, beliefs and blessings with the people you care about.

PERD:715 | \$29

400 Tu 1pm-4pm
March 7

Margarita Meyer
FP - G Tower, 119

350 Tu 6pm-9pm
Feb. 21

Margarita Meyer
WW, 220

New Leaving a Legacy Message for Your Loved Ones

Leave your loved ones something more than just a memory. Other than a legacy letter, there are many options to leaving a lasting impression and something for your loved ones to cherish. Explore some of the many options for leaving a message for your loved ones, something that expresses your sentiments in a way that is uniquely you. There are as many ways to leave a message as there are people.

PERD:715 | \$29

650 W 6pm-9pm
April 5

Margarita Meyer
MC - CE Classroom

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. No class 3/15.

PERD:732 | \$49

650 W 7pm-9pm
March 1 - March 29

Rhonda Leifheit
MC - CS, 120

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

450 W 7pm-9:30pm
March 22 - April 5

Jean Walters
FP - F Tower, 325

651 Th 7pm-9:30pm
Feb. 23 - March 9

Jean Walters
MC - CE



Listening to the Voice of Intuition

Identify, explore and learn how to use your Intuition daily. Everyone has Intuition, but you may not understand how to actually listen to your gut feelings. Meditation exercises, visualization and in-class discussions will enhance your ability to communicate with the universe and listen to your "Inner Voice." Fee includes textbook.

PERD:735 | \$69

650 Tu 7pm-9:30pm
April 11 - April 25

Jean Walters
MC - SO, 109

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 3/16.

PERD:735 | \$49

450 Th 7pm-9pm
March 2 - March 30

Rhonda Leifheit
FP - HSP, 219

Dreams: Wisdom from Within

Delve into the mystery of dreaming to discover the guidance they can give. Learn techniques for remembering dreams, identify the different types of dreams and explore how their meaning can be used to solve problems, make decisions and improve your health.

PERD:735 | \$49

651 Th 7pm-9pm
April 20 - May 11

Rhonda Leifheit
MC - CS, 120

Self Defense

New Shorin Ryu Karate

Shorin Ryu classes are taught from the traditional lineage of Shoshin Nagamine including kata, sparring, competition training and traditional weapons; with modern-day scenarios needing real-world applications. Highly physical workouts and disciplined instruction lead by a Karate and kickboxing champion from St. Louis lineage of Sensei Bob Yarnall.

PEDU:742 | \$95

M01 M 7pm-8:30pm
Feb. 6 - April 10

CODA Martial Arts

M02 W 7pm-8:30pm
Feb. 15 - April 19

CODA Martial Arts

New CODA Jujitsu

Learn the best self-defense techniques for real-world attack situations with a seamless blend of Karate/kickboxing, Judo, Small Circle Jujitsu and grappling. Practice how to defend yourself. Acquire skills based on proven principles that work across all martial art styles. Class is open for all levels.

PEDU:743 | \$95

M04 F 7:30pm-9pm
Feb. 10 - April 14

CODA Martial Arts

New Kung Fu Shaolin Black Dragon

Learn practical self-defense techniques through an introduction to Kung Fu, emotional and physical balance, technique, style and disciplined training. Build self-confidence and gain the ability to avoid or deal with unexpected confrontation.

PEDU:743 | \$95

M05 Su 1pm-3pm
Feb. 5 - April 9

CODA Martial Arts

New Shikata Yoso Te: 'The Way of the Elemental Hands'

Learn to mimic characteristics of the four main elements (Earth, Water, Wind, Fire) for practical self-defense application. Shikata Yoso Te is a hybrid martial art which incorporates various aspects of traditional styles such as Tae Kwon Do, Karate, Kung Fu and more. This merging of styles provides you with the ability to apply your training to real-world, everyday situations, while preserving traditional practices in the dojo. Build physical fitness while building skills.

PEDU:743 | \$95

M06 Th 6pm-8pm
Feb. 16 - April 20

CODA Martial Arts

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

P01 Tu 6:30pm-7:30pm
March 7 - May 8

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

P02 Th 5:45pm-6:45pm
March 9 - May 11

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. No shoes on mats; athletic wear required.

PEDU:743 | \$25

680 Sa 9am-12pm
April 1
681 F 5:30pm-8:30pm
May 5

Dennis Fonod
MC - PE, 105

Dennis Fonod
MC - PE, 105

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

682 F 6pm-9pm
Feb. 24
683 Sa 9am-12pm
May 6
580 F 6pm-9pm
March 31
581 F 6pm-9pm
April 14

Gina Breadon
MC - PE, 105

Gina Breadon
MC - PE, 105

Gina Breadon
FV - PE, 122

Gina Breadon
FV - PE, 122

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
Feb. 27 - May 1

Xtreme Krav Maga

M03 Sa 10am-11am
March 18 - May 20

Xtreme Krav Maga

Women Only

M02 Tu 6pm-7pm
March 14 - May 16

Xtreme Krav Maga



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!

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St. Louis
Community
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Continuing
Education



Fitness

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

M01 W 7pm-8pm
March 8 – May 10

Timothy Toeniskoetter
Martial Arts Ctr (Mehl)

780 M 7pm-8pm

Feb. 27 – May 8
No Class 3/20

Timothy Toeniskoetter
Sperreng Mid. Sch, LG GYM

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

Feb. 8 – March 29

ADIVA Dance Center

Zumba Toning

Sculpt your arms, abs, glutes and thighs as you participate in a healthy workout with Latin infused Zumba moves matched to Latin and International music. Using lightweight maraca-like toning sticks, you'll get a strength-training dance exercise workout like you've never done before! Join this 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

Feb. 9 – March 30

ADIVA Dance Center

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 3/22.

PEDU:750 | \$75

730 W 6pm-6:50pm

Feb. 1 – April 26

Susan Pellegrino

Oakville H.S., CAFE

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 2-3 lb. weights.

PEDU:755 | \$75

614 TuTh 6am-7am
Jan. 31 – March 7

March 9

615 TuTh 6am-7am

March 28 – May 4

Gail Velten

MC - PE, GYM

MC - PE, 201

Gail Velten

MC - PE, GYM

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 3/14.

PEDU:755 | \$75

616 Tu 8am-8:50am

Feb. 7 – May 2

No Class 3/14

617 Th 8am-8:50am

Feb. 9 – May 11

No Class 3/9, 3/16

Gary Ketcherside

MC - PE, GYM

Gary Ketcherside

MC - PE, GYM

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. Weather permitting, class will be held outside - dress appropriately; meet at the entrance to the PE Building on O Parking Lot.

PEDU:755

Seven Sessions | \$119

650 MW 5:30pm-6:30pm

Jan. 9 – Feb. 1

No Class 1/16

MC - PE

Eight Sessions | \$129

604 TuTh 5:45am-6:45am

Jan. 10 – Feb. 2

MC - PE

608 TuTh 9:30am-10:30am

Jan. 10 – Feb. 2

MC - PE

606 TuTh 5:45am-6:45am

March 21 – April 13

MC - PE

610 TuTh 9:30am-10:30am

March 21 – April 13

MC - PE

611 TuTh 9:30am-10:30am

April 18 – May 18

MC - PE

Nine Sessions | \$139

651 MW 5:30pm-6:30pm

Feb. 6 – March 8

No Class 2/20

MC - PE

10 Sessions | \$149

605 TuTh 5:45am-6:45am

Feb. 7 – March 9

MC - PE

609 TuTh 9:30am-10:30am

Feb. 7 – March 9

MC - PE

607 TuTh 5:45am-6:45am

April 18 – May 18

MC - PE

11 Sessions | \$159

600 MWF 5:45am-6:45am

Jan. 9 – Feb. 3

No Class 1/16

MC - PE

12 Sessions | \$169

602 MWF 5:45am-6:45am

March 20 – April 14

MC - PE

14 Sessions | \$189

601 MWF 5:45am-6:45am

Feb. 6 – March 10

No Class 2/20

MC - PE

15 Sessions | \$195

603 MWF 5:45am-6:45am

April 17 – May 19

MC - PE

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

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. Dumbbells and hand weights are optional. No class 3/21, 4/4.

PEDU:755 | \$69

782 Tu 6pm-6:55pm **Rena Potsos**
Feb. 28 - May 16 *Sperreng Mid. Sch, SM GYM*

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**
Feb. 7 - May 9 *Sperreng, SM GYM*
No Class 3/21, 4/4

781 W 7pm-7:55pm **Marsha Fey**
Feb. 8 - May 3 *Sperreng, SM GYM*
No Class 3/22

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**
Feb. 4 - March 11 *MC - PE, 105*

M02 Sa 8:15am-9:10am **Karol McNutt**
April 1 - May 6 *MC - PE, 105*

Class will meet from 8am-8:55am on 4/1 and 5/6 only. Remaining dates are from 8:15am-9:10 am.

New Low-Impact Workout

Do you want to repair damage to your joints, improve your health or both? This low-impact workout class will help you do just that! Have fun exercising to music and improve your heart health without putting stress on your joints; resulting in a healthier YOU. No class 3/15.

PEDU:755 | \$59

920 W 7pm-7:50pm **Andrea Barnes**
Feb. 22 - April 19 *U. City H.S., GIRLS GYM*

Pilates/Yoga

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

10.5 Hours | \$69

M02 Th 5:30pm-7pm **Denise Motta**
Feb. 2 - March 23 *Affton White-Rodgers, B*

No Class 3/16

M03 Th 5:30pm-7pm **Denise Motta**
March 30 - May 11 *Affton White-Rodgers, B*

13 Sessions | \$89

P01 M 6:30pm-7:25pm **Jill Woehrle**
Jan. 23 - May 8 *Nottingham, GYM*
No Class 2/20, 3/20, 4/17

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 Th 10:15am-11:15am **Denise Motta**
March 2 - May 11 *Affton White-Rodgers, GYM*

No Class 3/16

13 Sessions | \$89

650 M 6pm-6:50pm **Katherine McMeans**
Jan. 23 - May 1 *MC - PE, 105*
No Class 2/20, 3/13

651 W 6pm-6:50pm **Katherine McMeans**
Jan. 25 - April 26 *MC - PE, 105*
No Class 3/15



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

Three Sessions | \$35

M15 M 7:15pm-8:15pm **Sharon Danyluck**
May 8 - May 22 *Sunset Hills Comm. Ctr*

M14 M 6pm-7pm **Sharon Danyluck**
May 8 - May 22 *Sunset Hills Comm. Ctr*

Four Sessions | \$39

M01 M 9:30am-10:30am **Nicole Thompson**
Jan. 23 - Feb. 13 *Queeny Park RC*

M02 W 9:30am-10:30am **Nicole Thompson**
Jan. 25 - Feb. 15 *Queeny Park RC*

Eight Sessions | \$59

M09 F 9:30am-10:30am **Colleen Haviland**
March 24 - May 12 *Bluebird Park*

10 Sessions | \$69

780 M 6:30pm-7:25pm **Rena Potsos**
Feb. 27 - May 8 *Sperreng Mid. Sch, SM GYM*

Bring a towel, mat, yoga belt, and #6 or 8 resistance band. No Class 3/20

M05 M 9:30am-10:30am **Nicole Thompson**
Feb. 27 - May 1 *Queeny Park RC*

M06 W 9:30am-10:30am **Nicole Thompson**
March 1 - May 3 *Queeny Park RC*

12 Sessions | \$79

730 W 7pm-7:50pm **Colleen Haviland**
Feb. 1 - April 26 *Oakville H.S., CAFE*
No Class 3/22

13 Sessions | \$89

M10 M 6pm-7pm **Sharon Danyluck**
Jan. 30 - May 1 *Sunset Hills Comm. Ctr*
No Class 2/20

M11 M 7:15pm-8:15pm **Sharon Danyluck**
Jan. 30 - May 1 *Sunset Hills Comm. Ctr*
No Class 2/20

15 Hours | \$95

P01 W 6:30pm-7:25pm **Jill Woehrle**
Jan. 25 - May 7 *Nottingham, GYM*
No Class 3/22

M03 Tu 1pm-2:30pm **Julie Garland**
Feb. 7 - April 11 *Big Bend Yoga Center*

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. 27 - May 8 *Affton White-Rodgers, GYM*

No Class 3/13

15 Hours | \$95

M04 Th 9am-10:30am **Karen Martinez**
Feb. 9 - April 13 *Big Bend Yoga Center*

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 | \$49

350 W 8pm-8:50pm

Jan. 18 - March 1

450 Th 6:30pm-7:50pm

Jan. 19 - March 2

352 W 8pm-8:50pm

March 22 - May 3

451 Th 6:30pm-7:50pm

March 23 - May 4

Robert Gadon

WW, 102B

Robert Gadon

FP - SC, 25

Robert Gadon

WW, 102B

Robert Gadon

FP - PE, East

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. Bring a yoga mat.

PEDU:761 | \$69

351 W 6:15pm-7:45pm

Jan. 18 - March 1

353 W 6:15pm-7:45pm

March 22 - May 3

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. No class 3/13.

PEDU:761 | \$69

M07 M 12:15pm-1:15pm

Feb. 27 - May 8

Kelly Kauffmann

Affton White-Rodgers,
GYM

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

M12 W 7pm-8pm

Feb. 1 - March 22

M13 W 7pm-8pm

April 5 - May 24

Masterpeace Studios

Masterpeace Studios

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

650 Th 6:30pm-7:25pm **Alexandra Culberson**

March 2 - May 11

MC - PE, 105

No Class 3/16

P02 Tu 5:30pm-6:15pm **Holly Wilson**

Feb. 28 - May 2

Flex Fitness Studio

T'ai Chi

T'ai Chi Chih: Beginning

T'ai Chi Chih is a moving meditation consisting of 19 movements and one 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

Feb. 14 - April 18

Jeanette Miller

Solar Yoga Center

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 10am-10:50am

Feb. 8 - April 5

No Class 3/15

650 Th 6pm-6:50pm

Feb. 9 - April 6

No Class 3/16

Alex Chen

MC - PE, 201

Alex Chen

MC - PE, 201

New Tai Chi Quan

Practicing Tai Chi has been shown to increase muscle strength, flexibility and balance. Learn the basic form of Yang Style Tai Chi to improve circulation, stability and overall health. Come see how this form of moving meditation can help you reduce stress and live a longer, healthier life. Great exercise for all ages and levels of ability.

PEDU:766 | \$59

450 M 6:30pm-7:25pm

March 20 - May 8

Arthur Du

FP - PE, DANCE RM



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. 14 - April 18

500 Th 4:30pm-5:25pm

Feb. 23 - May 4

No Class 3/16

Jeanette Miller

Solar Yoga Center

Jeanette Miller

FV - CWI, 134

Mini Session | \$39

P02 Tu 1:15pm-2:15pm

May 2 - May 30

Jeanette Miller

Solar Yoga Center

Team Sports

Basketball: Recreational

Tired of "riding the pine?" Get up and play! A great way to have fun and get exercise. All levels welcome; just register and come play! Bring a white and a dark colored t-shirt to class. Do not wear jewelry. No class 3/21, 4/4.

PEDU:701 | \$59

730 Tu 7pm-8:30pm

Feb. 21 - May 16

Richard Bannecker

Oakville H.S., GYM

Volleyball: Recreational

Keep fit, have fun and make friends. Just register and come play! All levels welcome. No class 3/17.

PEDU:704 | \$69

580 F 7pm-8:30pm

March 3 - May 12

Jason Guss

FV - PE, GYM

Bowling

Bowl with a Pro

Have fun and learn new techniques, whether you are just beginning or looking to bring your game up a notch. Bowl 2 games with a professional bowler while learning proper swing technique, footwork, release points and basic pocket alignment. Extra fees for games and shoe rental each week.

PEDU:772 | \$49

M01 Tu 3pm-5pm

April 11 - May 2

Charles Kelly

Crestwood Bowl

Fencing

Fencing: Beginning I and II

Learn the basics of swordplay in beginning fencing. Class emphasizes basics of footwork, bladework, and bouting and will accommodate returning students as well with instruction to expand technique. Equipment provided. No class 3/15.

PEDU:745 | \$59

920 W 6pm-6:55pm

Feb. 22 - April 19

Patrick Dorsey

U. City H.S., GIRLS GYM

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 Patricia Henderson of Human Resources, 314-539-5214.

If you have accommodation needs, please contact Ann Marie Schreiber, 314-984-7704, at least three 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.

MAIL-IN Registration form Please print in ink.

Mail to: 3221 McKelvey Road
Bridgeton, MO 63044
Attn: Continuing Education

Please register me for the following course(s):

Course Code	Section	Course Title	Day/Time	Fees
			Total	

- Male Senior Citizen?
 Female Yes No

Please check material fees prior to sending payment in.

Check Payment:

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

Credit Card Payment:

Charge fees to:

- MasterCard Discover
 VISA American Express

Email Address: _____

UIN or Student#: _____ Birthdate: _____

Name: _____
LAST FIRST MIDDLE INITIAL

Address: _____
STREET OR POST OFFICE BOX

_____ CITY STATE ZIP CODE

Telephone/Home: _____ Work: _____

_____ CARD NUMBER Expiration Date: _____

Signature: _____