

Spring 2018

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

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

001 Sa 9:30 am-3:30 pm
Feb. 17

Alice Sanvito
MC - SW, 106

002 Sa 9:30 am-3:30 pm
April 21

Alice Sanvito
FP - HSP, 221

Detox Your Home

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

HEAL:765 | \$25

001 Sa 10 am-12 pm
April 7

Amber Branson
FP - G Tower, 323

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

002 Sa 10 am-12 pm
Feb. 3

Amber Branson
FV - C, 111

Natural Wellness: Alternative Healthcare

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

HEAL:701 | \$25

002 Th 6:30 pm-8:30 pm
April 26 - May 3

Alex Chen
MC - LH, 101

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

001 Th 6 pm-9 pm
Feb. 1

Alex Chen
MC - BA, 122

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

001 Th 6:30 pm-8:30 pm
Jan. 25

Amber Branson
FP - G Tower, 323

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

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

PERD:709 | \$25

002 Sa 9:30 am-11:30 am
April 21

Carol Watkins
MC - BA, 203

Facing Your Giants

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

PERD:709 | \$25

003 Sa 10 am-12 pm
May 5

Dana West
MC - SO, 108

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. Break for lunch. Text required - bring to first class. Strengths Finder 2.0, ISBN: 9781595620156.

PERD:709 | \$49

001 Sa 9 am-4 pm
March 31

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

001 Sa 9 am-12 pm
March 10

Kimberly Meredith
MC - CS, 104

002 M 6 pm-9 pm
March 26

Kimberly Meredith
MC - CS, 204

**Go to stlcc.edu/CE to register online
or call 314-984-7777!**

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

001 Th 6:30 pm-8:30 pm
March 1

Amber Branson
MC - CS, 206

Astrology: Your Roadmap for Life

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

PERD:731 | \$25

002 Sa 9:30 am-12:30 pm
Feb. 10

Linda Sherwin
MC - SO, 108

New What's Up in 2018: An Astrological Forecast

What does 2018 hold in store for you? A look at the planetary movements during 2018 and the effects they can have on the country and your life. See possible scenarios for the year and understand how 2018 will influence the course of your life. Printout of your birth chart will be provided in class. Registration/Withdrawal deadline one week before class to ensure birth chart for each student. Supply list will be emailed.

PERD:731 | \$25

001 Sa 9:30 am-12:30 pm
Jan. 27

Linda Sherwin
MC - SO, 108

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

001 W 7 pm-9:30 pm
March 21 - April 4

Jean Walters
FP - F Tower, 325

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

004 Th 6:30 pm-8:30 pm
April 19 - May 10

Rhonda Leifheit
MC - CS, 210

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. No class 3/15.

PERD:735 | \$49

001 Th 6:30 pm-8:30 pm
March 1 - March 29

Rhonda Leifheit
MC - CS, 210

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

003 W 7 pm-9:30 pm
April 18 - May 2

Jean Walters
FP - F Tower, 325

New Ten Clues to Your Past Lives

Ever wonder if you've lived before? Learn how past lives might influence your life now. Find clues in your talents and gifts; fears and phobias; relationships and health. Explore basic theories (and myths) of reincarnation and learn ways to create karmic healing and balance. Gain practical insights for your present life and purpose by discovering 10 significant clues to your past lives.

PERD:735 | \$29

002 Tu 6:30 pm-8:30 pm
April 10 - April 17

Rhonda Leifheit
MC - CS, 210

Understanding Personality Types

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

PERD:743 | \$29

001 Th 7 pm-9 pm
April 26 - May 3

Nancy Cohen
Corp. College, 211

Assertiveness for the Sensitive Person

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

PERD:744 | \$29

001 Tu 7 pm-9 pm
March 13 - March 20

Nancy Cohen
Corp. College, 211

UFOs in Missouri

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

PERD:749 | \$25

001 Tu 6:30 pm-8:30 pm
March 27

Dana West
MC - SO, 105



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 3/28.

PEDU:750 | \$79

001 W 6pm-6:50 pm
Feb. 7 – May 2

Susan Pellegrino
Oakville H.S., CAFE

Dynamic Stretch

Increase the range of motion in your muscles and joints through specialized lengthening and stretching techniques designed to help release muscle tension, decrease stress and enhance coordination. Bring a towel and mat. No class 3/13.

PEDU:755 | \$75

012 Tu 8am-8:50 am
Feb. 6 – May 1

Gary Ketcherside
MC - PE, GYM

New Kickin' Fitness

Get away from your boring exercise routine and engage every muscle in your body with this fun, high-energy cardio exercise. A perfect, total body workout that will help you burn calories, relieve stress and get into shape fast. All while learning some self-defense moves along the way! All levels are welcome.

PEDU:744 | \$69

001 M 7pm-8 pm
Feb. 26 – May 14
No Class 3/19, 4/23

Timothy Toeniskoetter
Sperrang, Large GYM

002 W 7pm-8 pm
Feb. 28 – May 2

Timothy Toeniskoetter
Martial Arts Ctr (Mhlvl)

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

001 W 11am-11:50 am
Feb. 7 – March 28

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

002 Th 6pm-6:50 pm
Feb. 8 – March 29

ADIVA Dance Center

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 | \$69

015 M 7pm-7:55 pm
Feb. 12 – May 7
No Class 2/19, 3/19, 4/23

Marsha Fey
Sperrang, Small GYM

016 Tu 7pm-7:55 pm
Feb. 13 – May 1
No Class 3/20, 4/3

Marsha Fey
Sperrang, Small GYM

Nia: A Combination of Cardio and Strength Training

Enjoy this fun, rocking fitness program that blends the movements of dance, martial arts and healing arts (such as yoga). Learn how to 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. No shoes on mats.

PEDU:755 | \$59

013 Sa 8:15 am-9:10 am
Feb. 3 – March 10

Karol McNutt
MC - PE, 105

014 Sa 8:15 am-9:10 am
March 31 – May 5

Karol McNutt
MC - PE, 105

Boot Camp with Shark Fitness

Challenge yourself! Classes consist of resistance training, calisthenics, short runs, and drills designed to work every major muscle group in the 60-minute class. Learn the correct way to train in terms of form, tempo, and exercise selection. Despite the group setting, this class will challenge you individually to give your best and expect optimal results. Must be able to jog 300 yards without rest. Bring a towel or mat and water. Weather permitting, class will be held outside - dress appropriately; meet at the entrance to the PE Building on O Parking Lot.

PEDU:755

10 Sessions | \$139

001 MWF 5:45 am-6:45 am
Jan. 8 – Jan. 31
No Class 1/15

MC - PE, GYM Lobby

12 Sessions | \$159

003 TuTh 5:45 am-6:45 am
Jan. 9 – Feb. 15

MC - PE, GYM Lobby

004 TuTh 9:30 am-10:30 am
Jan. 9 – Feb. 15

MC - PE, GYM Lobby

006 TuTh 5:45 am-6:45 am
Feb. 20 – April 5
No Class 3/13, 3/15

MC - PE, GYM Lobby

007 TuTh 9:30 am-10:30 am
Feb. 20 – April 5
No Class 3/13, 3/15

MC - PE, GYM Lobby

008 MWF 5:45 am-6:45 am
March 19 – April 13

MC - PE, GYM Lobby

009 TuTh 5:45 am-6:45 am
April 10 – May 17

MC - PE, GYM Lobby

010 TuTh 9:30 am-10:30 am
April 10 – May 17

MC - PE, GYM Lobby

15 Sessions | \$195

002 MW 5:30 pm-6:30 pm
Jan. 8 – March 5
No Class 1/15, 2/19

MC - PE, GYM Lobby

005 MWF 5:45 am-6:45 am
Feb. 2 – March 9
No Class 2/19

MC - PE, GYM Lobby

011 MWF 5:45 am-6:45 am
April 16 – May 18

MC - PE, GYM Lobby

Register online!

Go to stlcc.edu/CE

Pilates/Yoga

Pilates

Strengthen, lengthen and tone muscle as well as increase your flexibility. You'll learn how to execute the movements while focusing on breathing, allowing the mind and body to unite. Bring a towel and mat.

PEDU:756 | \$89

001 M 6:10 pm-7:05 pm
Jan. 22 – April 30

No Class 2/19, 3/12

002 W 6:10 pm-7:05 pm

Jan. 24 – April 25

No Class 3/14

Katherine McMeans

MC - PE, 105

Katherine McMeans

MC - PE, 105

Yogalates

Get the benefits of yoga, pilates and core strengthening as you exercise and stretch. A challenging and relaxing workout in just one class! Bring water, towel and yoga mat.

PEDU:756 | \$69

003 Th 5:30 pm-7 pm

Feb. 8 – March 22

No Class 3/15

004 Th 5:30 pm-7 pm

April 5 – May 10

Denise Motta

Affton White-Rodgers, B

Denise Motta

Affton White-Rodgers, B

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.

PEDU:761

Mini Session | \$39

001 M 9:30 am-10:30 am

Jan. 22 – Feb. 12

002 W 9:30 am-10:30 am

Jan. 24 – Feb. 14

Nicole Thompson

Queeny Rec Complex

Nicole Thompson

Queeny Rec Complex

Eight Sessions at MSPC | \$79

005 W 7 pm-8 pm

Jan. 24 – March 14

006 W 7 pm-8 pm

March 28 – May 16

Masterpeace Studios

Masterpeace Studios

10 Sessions | \$69

003 M 9:30 am-10:30 am

Feb. 26 – May 7

No Class 3/19

004 W 9:30 am-10:30 am

Feb. 28 – May 9

No Class 3/21

Nicole Thompson

Queeny Rec Complex

Nicole Thompson

Queeny Rec Complex

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 3/19.

PEDU:761 | \$69

015 M 12:15 pm-1:15 pm

Feb. 26 – May 7

Kelly Kauffmann

Affton White-Rodgers, GYM

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 | \$69

007 W 7:45 pm-9 pm

Jan. 24 – March 7

011 Th 6:30 pm-7:45 pm

Feb. 1 – March 22

No Class 3/15

009 W 7:45 pm-9 pm

March 28 – May 9

012 Th 6:30 pm-7:45 pm

April 5 – May 17

Robert Gadon

WW, 102A

Robert Gadon

FP - SC, 25

Robert Gadon

WW, 102A

Robert Gadon

FP - PE, East Rm

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

008 W 6:15 pm-7:30 pm

Jan. 24 – March 7

010 W 6:15 pm-7:30 pm

March 28 – May 9

Robert Gadon

WW, 102A

Robert Gadon

WW, 102A



Non Discrimination and Accommodations statements

St. Louis Community College is committed to non-discrimination and equal opportunities in its admissions, educational programs, activities, and employment regardless of race, color, creed, religion, sex, sexual orientation, national origin, ancestry, age, disability, genetic information, or status as a disabled or Vietnam-era veteran, and shall take action necessary to ensure non-discrimination. Sexual harassment, including sexual violence, is also prohibited. For information or concerns related to discrimination or sexual harassment, contact Mary Zabriskie, J.D. at 314-539-5345.

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

Firearms on College Property

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

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

10 Sessions | \$69

019 M 6:30 pm-7:25 pm
Feb. 26 – May 7

Rena Potsos
Sperrang, Fit Rm 54

Bring a towel, mat, yoga belt, and #6 or 8 resistance band. No Class 3/19

13 Sessions | \$89

013 M 6 pm-7 pm
Feb. 12 – May 14
No Class 2/19

Sharon Danyluck
Sunset Hills Comm. Ctr

014 M 7:15 pm-8:15 pm
Feb. 12 – May 14

Sharon Danyluck
Sunset Hills Comm. Ctr

Bring yoga strap and block. No Class 2/19

15 Hours | \$95

017 Tu 1 pm-2:30 pm
Feb. 6 – April 10

Christine Ratliff
Big Bend Yoga Center, Studio

Equipment and mats available for use or you may bring your own.

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

016 M 1:30 pm-2:30 pm
Feb. 26 – May 7
No Class 3/19

Kelly Kauffmann
Affton White-Rodgers, GYM

15 Hours | \$95

018 Th 9 am-10:30 am
Feb. 8 – April 12

Karen Martinez
Big Bend Yoga Center, Studio

Equipment and mats available for use or you may bring your own.

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.

PEDU:761 | \$69

020 Tu 5:30 pm-6:15 pm
March 13 – May 15

Flex Fitness Studio, Studio

T'ai Chi

Chen Tai Chi: Level I

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

001 W 10 am-10:50 am
Feb. 7 – April 4
No Class 3/14

Alex Chen
MC - PE, 201

002 Th 6 pm-6:50 pm
Feb. 8 – April 5
No Class 3/15

Alex Chen
MC - PE, 201

New Chen Tai Chi: Level II

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. Prerequisite: Chen Tai Chi for Beginners / Level I. No class 3/15.

PEDU:767 | \$59

001 Th 5 pm-5:50 pm
Feb. 8 – April 5

Alex Chen
MC - PE, 201

T'ai Chi Chih: Beginning

T'ai Chi Chih is a moving meditation consisting of 19 movements and 1 pose. Its purpose is to circulate and balance one's "chi" or vital force life energy. Health benefits include better balance, blood pressure control, and reduction in symptoms associated with stress, shingles, and arthritis.

PEDU:766 | \$69

003 Tu 2:30 pm-3:30 pm
Feb. 6 – April 10

Jeanette Miller
Solar Yoga Center

No shoes allowed on studio floor;
Cushioned socks recommended.

Beginning/Continuing

All levels welcome

004 Th 4:30 pm-5:25 pm
March 1 – May 10
No Class 3/15

Jeanette Miller
FV - CWI, 134

T'ai Chi Chih: Continuing

Ready to enhance your T'ai Chi Chih practice? Complete a practice of all 19 movements and the final pose each week, explore key principles of the form, and refine individual movements. Prerequisite: T'ai Chi Chih Beginning class or equivalent experience.

PEDU:767 | \$69

002 Tu 1:15 pm-2:15 pm
Feb. 6 – April 10

Jeanette Miller
Solar Yoga Center

No shoes allowed on studio floor;
Cushioned socks recommended.

Mini Session | \$39

003 Tu 1:15 pm-2:15 pm
April 17 – May 15

Jeanette Miller
Solar Yoga Center

No shoes allowed on studio floor;
Cushioned socks recommended.



Self Defense

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 against modern day weapons and rape. Acquire skills based on proven principles that work across all martial art styles. Class is open for all levels.

PEDU:743 | \$95

011 F 7:30 pm-9 pm

Feb. 2 – April 6

CODA Martial Arts

Shorin Ryu Karate

Shorin Ryu classes are taught from the traditional and excellent 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

001 M 7 pm-8:30 pm

Feb. 5 – April 16

No Class 2/19

CODA Martial Arts

002 W 7 pm-8:30 pm

Feb. 14 – April 18

CODA Martial Arts

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

002 Th 12 pm-1 pm

Feb. 1 – April 5

Xtreme Krav Maga

003 M 6 pm-7 pm

Feb. 26 – April 30

Xtreme Krav Maga

004 Sa 10 am-11 am

March 17 – May 19

Xtreme Krav Maga

Women Only

001 Tu 6 pm-7 pm

Jan. 30 – April 3

Xtreme Krav Maga

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. No class 4/1.

PEDU:743 | \$95

012 Su 1 pm-3 pm

Feb. 25 – May 6

CODA Martial Arts

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

006 Th 5:45 pm-6:45 pm

March 8 – May 10

Systema St. Louis

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

007 F 6 pm-9 pm

Feb. 23

Gina Breadon

MC - PE, 105

008 F 6 pm-9 pm

March 23

Gina Breadon

FV - PE, 122

010 F 6 pm-9 pm

April 20

CODA Martial Arts

009 Sa 9:30 am-12:30 pm

May 5

Gina Breadon

MC - PE, 105

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

013 Th 6 pm-8 pm

March 15 – May 17

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

005 Tu 6:30 pm-7:30 pm

March 6 – May 8

Systema St. Louis



Register today!

How to Register



Try our **NEW** online registration system.

Online: www.stlcc.edu/CE

Visit our website and click on the "**Continuing Education**" link — where you can view and register for current class offerings. *Email address required for online registration. Payment via credit/debit card is due at time of registration.*



By Phone

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

Telephone: 314-984-7777

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

Before calling to register, have this information ready:

1. Course Title / Course Code (letter prefix with number) / Section Number

3. Credit/Debit Card Number with Expiration Date

2. Student Contact Info (name / address / phone number /email)



In Person at STLCC Continuing Education Offices M-F 8:30 am - 4 pm

Meramec

802 Couch Avenue
St. Louis, MO 63122

Florissant Valley

At the Center for Workforce Innovation
3344 Pershall Rd., Ferguson, MO 63135

Forest Park

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

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

Registration at the Wildwood and South County campuses will be limited this semester. Only online registration is available at these locations.



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 emailed 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.

Enrollment in classes within this brochure, except for youth class sections, is limited to persons 16 years or older, unless otherwise noted.

Registration Deadline – All non-credit courses are limited in enrollment. Advanced registration is required prior to first class meeting. Some classes have additional registration deadline requirements, please check course descriptions.

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 Registration Form Please print in ink.

Please register me for the following courses:

Course Code	Section	Course Title	Day/Time	Fees
Total				

☐ Male ☐ Female

Senior Citizen?

☐ Yes ☐ No

Reduction of fees for adults 60+ will be calculated at checkout. Reduced fees are available in the online course description.

Check Payment:

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

If you have a disability-related need, please contact the Access Office on your campus.

Email Address: (required) _____

Student#: _____ 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: _____ Sed. Code: _____

CARD NUMBER

Signature: _____