

# Summer 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

### 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** Monday, June 5 - June 26  
12pm-12:50pm

*Body by Pilates*

**M02** Monday, July 10 - July 31  
12pm-12:50pm

*Body by Pilates*

### 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** Thursday, June 15  
6pm-9pm

Alex Chen  
Meramec - BA, 122

### 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 | \$25

**680** Saturday, June 24  
9:30am-12:30pm

James Toombs  
Meramec - AS, 108

### Couples Massage

Enjoy spending time together as you learn gentle ways to comfort and relax your partner. Methods based on Swedish and Russian Massage therapy. Partner required. Fee is per person. Supply list will be emailed.

#### HEAL:704 | \$49

**480** Saturday, June 17  
9:30am-3:30pm

Alice Sanvito  
Forest Park - HSP, 221

**680** Saturday, July 15  
9:30am-3:30pm

Alice Sanvito  
Meramec - SW, 106

### 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. Text required - bring it to the first class. Strenghtfinder 2.0 ISBN 9781595620156. There will be an hour lunch break.

#### PERD:709 | \$49

**682** Saturday, July 22  
9am-4pm

Carol Watkins  
Meramec - BA, 203

### The Power of Coincidence

Discover how to trust your intuition and receive the power of synchronicities. Explore the interconnectedness of all things and build a greater awareness of "meaningful coincidences" in life!

#### PERD:709 | \$25

**S01** Thursday, July 27  
6:30pm-8:30pm

Dana West  
STLCC-South County, 120

### 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** Saturday, June 17  
10am-12pm

Dana West  
Meramec - SO, 105

# Celebrate the Mind, Body and Spirit with Continuing Education

## Call 314-984-7777 to Register Today!



## Facing Your Giants

Explore the continual lessons and obstacles you face in life and the “giant” that are 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**

**681** Saturday, July 15  
10am-12pm

Dana West  
Meramec - SO, 105

## 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** Tuesday, June 6 – June 27  
7pm-9pm

Rhonda Leifheit  
Forest Park - HSP, 215

## 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** Wednesday, July 12 – August 2  
7pm-9pm

Rhonda Leifheit  
Meramec - CS, 211

## Basics of Couponing

Are you ready to save money but not sure where to start? Get coupon basics, tips, and tricks in this three 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**

**550** Monday, June 26  
6:30pm-8pm  
8:01pm-9:30pm

Laura Duffin  
STLCC-South County, 120  
Off-Campus

## Forgiveness: The Key to Happiness

Love can heal the world and forgiveness is the catalyst to make it happen. When anyone gives up all grievances, the path is open to find real peace and happiness. In this class, we will discuss inspirational stories of the miracles of personal healing that radical forgiveness can produce and why forgiveness is so important for our own well-being, as well as for others. The steps of actually performing forgiveness will be presented and discussed. Following these steps outside the classroom can release grievances and heal relationships. This presentation of forgiveness is psychologically based and is not focused on any particular religious view of forgiveness, so no religious or faith-based view of forgiveness is needed to understand and practice it.

**RELG:701 | \$19**

**350** Tuesday, June 13  
7pm-9pm

Jan Worley  
Wildwood, 208

## Self Defense

### 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** Friday, June 2  
5:30pm-8:30pm

Dennis Fonod  
Meramec - PE, 105

### 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** Tuesday, June 6 - August 15  
6:30pm-7:30pm  
No class 7/4

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** Thursday, June 15 - August 17  
5:45pm-6:45pm

*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**

**681** Friday, July 14  
6pm-9pm

Gina Breadon  
*Meramec - PE, 105*

**580** Saturday, June 17  
9am-12pm

Gina Breadon  
*Florissant Valley - 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** Monday, June 5 - August 14  
6pm-7pm

*Xtreme Krav Maga*

No Class 7/3

**M03** Saturday, June 10 - August 19  
10am-11am

*Xtreme Krav Maga*

No Class 7/1

### Women Only

**M02** Tuesday, June 6 - August 15  
6pm-7pm

*Xtreme Krav Maga*

No Class 7/4

## 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** Wednesday, June 7 - August 9  
7pm-8pm

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 | \$49**

**M01** Wednesday, June 7 - July 12  
11am-11:50am

*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 | \$49**

**M02** Thursday, June 1 - July 6

6pm-6:50pm

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.

**PEDU:750 | \$79**

**550** MondayThursday, June 5 - July 27

Susan Pellegrino

6pm-6:50pm

Florissant Valley - SC, Cafeteria

No class 7/3

## 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 | \$45**

**602** Tuesday, May 30 - July 18

Gary Ketcherside

8am-8:50am

Meramec - PE, GYM

No class 7/4

## 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** Saturday, June 17 - July 29

Karol McNutt

8:15am-9:10am

Meramec - PE, 105

No class 7/1

## 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 | \$149**

**605** TuesdayThursday, July 11 - August 10

5:45am-6:45am

Meramec - PE

**606** TuesdayThursday, July 11 - August 10

9:30am-10:30am

Meramec - PE

**608** TuesdayThursday, August 15 - September 14

5:45am-6:45am

Meramec - PE

**609** TuesdayThursday, August 15 - September 14

9:30am-10:30am

Meramec - PE

**14 Sessions | \$189**

**607** MondayWednesdayFriday, August 14 - September 15

5:45am-6:45am

Meramec - PE

No Class 9/4

**15 Sessions | \$195**

**604** MondayWednesdayFriday, July 10 - August 11

5:45am-6:45am

Meramec - PE



## T'ai Chi

### 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. No class 7/4.

**PEDU:766 | \$59**

**P01** Tuesday, June 6 – July 25 Jeanette Miller  
2:30pm-3:30pm 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**

**650** Thursday, June 22 – August 17 Alex Chen  
6pm-6:50pm Meramec - PE, 201  
No Class 7/13

**600** Wednesday, June 21 – August 9 Alex Chen  
10am-10:50am Meramec - PE, 201

### 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. No class 7/4.

**PEDU:766 | \$59**

**450** Tuesday, June 13 – August 8  
6:30pm-7:25pm Forest Park - PE, DANCE RM

### T'ai Chi Chih: All Levels

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 | \$59**

**P01** Tuesday, June 6 – July 25 Jeanette Miller  
1:15pm-2:15pm Solar Yoga Center  
No Class 7/4

**500** Thursday, June 15 – July 27 Jeanette Miller  
4:30pm-5:25pm Florissant Valley - EC, LOBBY



## 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. No class 8/10.

**PEDU:756 | \$95**

**M02** Thursday, June 22 – August 31 Denise Motta  
5:30pm-7pm Affton White-Rodgers, GYM

### 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**

**Eight Sessions | \$59**

**651** Wednesday, June 7 – July 26 Katherine McMeans  
6:15pm-7:10pm Meramec - PE, 105

**650** Monday, June 5 – July 31 Katherine McMeans  
6:15pm-7:10pm Meramec - PE, 105  
No Class 7/3

### 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**

**W01** Friday, June 9 – July 28  
9am-10am Bluebird Park

**M05** Monday, June 12 – August 7 Sharon Danyluck  
6pm-7pm Sunset Hills CC  
No Class 7/3

**M06** Monday, June 12 – August 7 Sharon Danyluck  
7:15pm-8:15pm Sunset Hills CC  
No Class 7/3

**12 Hours | \$89**

**M01** Tuesday, June 6 – August 1 Julie Garland  
1pm-2:30pm Big Bend Yoga Center  
No Class 7/4

## 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!**



## 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**

**M04** Monday, June 5 – August 14 Kelly Kauffmann  
1:30pm-2:30pm Affton White-Rodgers, GYM  
No Class 7/3

**12 Hours | \$89**

**M02** Thursday, June 8 – July 27 Karen Martinez  
9am-10:30am 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**

**Seven Sessions | \$49**

**350** Wednesday, May 31 – July 19 Robert Gadon  
8pm-8:50pm Wildwood, 102B  
No Class 6/14

**10.5 Hours | \$75**

**450** Thursday, June 1 – July 20 Robert Gadon  
6:30pm-7:50pm Forest Park - PE, EAST RM  
No Class 6/15

## Iyengar Yoga: Continuing

**10.5 Hours | \$75**

**351** Wednesday, May 31 – July 19 Robert Gadon  
6:15pm-7:45pm Wildwood, 102B  
No Class 6/14

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

**PEDU:770 | \$39**

**M03** Sa 9am-9:50am  
July 15 – July 22 Simpson Lake

## 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. No class 7/3.

**PEDU:761 | \$69**

**M03** Monday, June 5 – August 14 Kelly Kauffmann  
12:15pm-1:15pm 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**

**M07** Wednesday, June 14 – August 2  
7pm-8pm Masterpeace Studios

## 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. Bring a towel and water, mats provided.

**PEDU:761 | \$69**

**650** Thursday, June 1 – August 3 Alexandra Culberson  
6:30pm-7:25pm Meramec - SC, 201

**P01** Tuesday, June 6 – August 15  
5:30pm-6:15pm Flex Fitness Studio  
No Class 7/4



**Call 314-984-7777  
to register today!**

## 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](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.

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
			<b>Total</b>	

- ☐ Male      Senior Citizen? ☐ Yes ☐ No  
☐ Female

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: \_\_\_\_\_