September 13, 2024

FREE

Document Shredding

SATURDAY, SEPTEMBER 14, 9 AM - 12 PM

Centennial Commons Parking Lot (7210 Olive Blvd)

Learn more at
www.ucitymo.org/recycling

Saint Louis **COUNTY** PUBLIC HEALTH — REDUCE • REUSE • RECYCLE **GO GREEN!**

DOCUMENT SHREDDING EVENT

September 14th

University City Centennial Commons Parking Lot

9:00 AM-12:00 PM

Human Resources News

Mirela Celaj Named Interim Public Works Director for University City

Current Job Opportunities:

- Facilities Manager - Public Works
- Custodian - Public Works
- Equipment Operator - Parks Maint.
- Mechanic I & II - Fleet
- Heavy Equipment Operator - Sanitation
- Light Equipment Operator - Sanitation
- Senior Services Coordinator - Parks & Rec

VIEW JOBS

Recreation Updates

CENTENNIAL COMMONS
UNIVERSITY CITY

FITNESS CLASSES

STRETCH & STRENGTHEN WITH ESSENTRICS

TUESDAYS, 9:30 - 10:30 A.M.
FEES: Member $50; Res. $55, NonRes $60
Participants: min. 10 / max. 20

This low impact, full body workout improves flexibility, mobility, balance and posture while increasing core strength. Essentrics is suitable for all ages and fitness levels and includes both standing movements and floor work. The Essentrics fitness program will unlock what is tight, strengthen what is weak and tone what needs shaping!

XTREME HIP HOP STEP CLASS

THURSDAYS, 6:00 - 7:00 P.M.
FEES: Member $45; Res. $50, NonRes $55
Participants: min. 10 / max. 20

Xtreme Hip-Hop® classes have three elements that, when combined, provide a fun, safe and full body workout. Classes typically range from 45 mins-1hr .. Each Xtreme Hip-Hop® class includes the following: Xtreme Hip-Hop Warm-Up , Strength/Toning , Cardio with the Steps and a Cool Down . Enjoy the class with or without the step equipment.

TOTAL BODY & TONE

MONDAYS & WEDNESDAYS , 9 - 10 A.M.
FEES: Member $50; Res. $55, NonRes $60
Participants: min. 10 / max. 20

Build and tone muscle while using a variety of fitness equipment. This is a full body workout aiming to improve balance, resistance, speed and endurance. The structure of the class with change from week to week to keep your workout fresh and fun. All fitness levels welcome.

TAI CHI

THURSDAYS, 10 - 11 A.M.
FEES: Member $45; Res. $50, NonRes $55
Participants: min. 10 / max. 20

T'ai Chi is a low-impact form of exercise that consists of slow, relaxed, continuous movements. When practiced consistently and mindfully, tai chi can improve health, balance, strength, and suppleness, while relaxing the mind and reducing stress. It is a form of "moving meditation" that can be practiced, studied, and enjoyed by anyone at any age.

ZUMBA

MONDAYS , 6:30 - 7:30 P.M.
FEES: Member $45; Res. $50, NonRes $55
Participants: min. 8/ max. 20

Zumba is a fusion of Latin and International music/dance that creates a dynamic, exciting, and fun workout. The classes move between high and low intensity dance moves designed to get your heart rate up and boost cardio endurance while shaking off the stress and stirring up the fun! Levels are from beginning to advanced.

BELLY DANCING

TUESDAYS , 6:30 - 7:30 P.M.
FEES: Member $45; Res. $50, NonRes $55
Participants: min. 5/ max. 20

Get ready to move your body in exciting new ways through the art of Middle Eastern dance aka Raqs Sharqi aka Belly Dance. Each class will focus on posture, basic torso isolations, arm carriage, technique drills, and some basic traveling steps. These elements will then be strung together into a simple yet fun combination to help students apply what they have learned. This is a general, all-levels class that doesn't follow a specific style or format & is open to students of all ages, genders, and skill levels. No experience required.

314.505.8625   **SEPTEMBER 9 - OCTOBER 31**   UCITYMO.ORG

CENTENNIAL COMMONS
UNIVERSITY CITY

FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
9 - 10 A.M. TOTAL BODY & TONE	9:30 - 10:30 A.M. STRETCH & STRENGTHEN WITH ESSENTRICS	9 - 10 A.M. TOTAL BODY & TONE	10 - 11 A.M. TAI CHI
6:30 - 7:30 P.M. ZUMBA	6:30 - 7:30 P.M. BELLY DANCING		6 - 7 P.M. XTREME HIP HOP STEP CLASS

SEPTEMBER 9 - OCTOBER 31

314.505.8625
UCITYMO.ORG

JOIN US FOR BIKETOBER!

October 13th
11:00 AM
University City Centennial Commons

This non-competitive bike ride is free for all ages and skill levels, making it a perfect way to enjoy a beautiful day outdoors. The event will be held in the West Pool parking area at 7210 Olive Blvd., University City. Be sure to register online to secure your spot. Bring your bike, bring your family, and get ready for an exciting ride!

VIEW MORE

CodeRED

Stay informed and prepared with University City's CodeRED emergency notification system. This service alerts residents about critical situations, such as severe weather, road closures, and emergency evacuations. Sign up today at www.ucitymo.org/codered to receive timely notifications via phone, text, or email and ensure you and your family are always in the know.

UPCOMING

EVENTS

Bulk Collection-Central Area
Mon., Sept 16 - Fri., Sept 20

Senior Commission Meeting-Virtual
Mon., Sept 16 @ 6:00 p.m.

Housing and Third Ward Revitalization Task Force Meeting
Mon., Sept 16 @ 6:30 p.m.

Parks Commission Monthly Meeting
Tue., Sept 17 @ 6:30 p.m.

Non-Traffic Court
Wed., Sept 18 @ 6:00 p.m.

View the full listing of
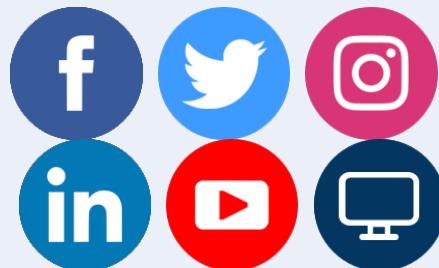**U City events here**

More U City News   **Explore U City**   **U City Schools Peachjar Flyers**

Do you have news you want to share? Send us your stories!

SEND US YOUR IDEAS

Get Connected!