



Between the LIONS

U City Community Update

September 20, 2024

University City Bulk Item Pickup

Starting September 23rd, Bulk Item Pick is expected to continue in the West Area. Please make sure to have your items ready by 7:00 AM on the first day of your area's pickup week. For more information on accepted items and guidelines, visit our website or contact Public Works (314) 505-8560.

Bulk Item Pickup

East Area: September 9th - 13th
Central Area: September 16th - 20th
West Area: September 23rd - 27th

Recreation Updates



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. Escentrics is suitable for all ages and fitness levels and includes both standing movements and floor work. The Escentrics 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 will 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



FITNESS CLASS SCHEDULE

MONDAY

9 - 10 A.M.
TOTAL BODY &
TONE

TUESDAY

9:30 - 10:30 A.M.
STRETCH &
STRENGTHEN
WITH
ESSENTRICS

WEDNESDAY

9 - 10 A.M.
TOTAL BODY &
TONE

THURSDAY

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

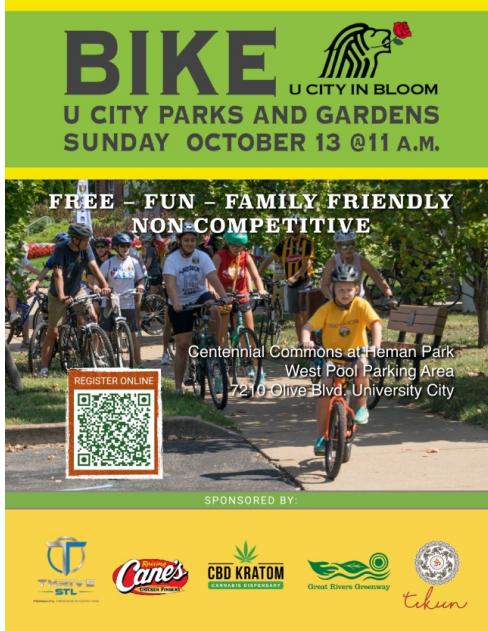
**SEPTEMBER 9 -
OCTOBER 31**

314.505.8625
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**HISPANIC HERITAGE
MONTH**

In tribute to the rich culture and



JOIN US FOR BIKE TOBER!

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](#)

Save the Date
University City Trunk or Treat
Oct. 25, 5 - 7p.m.

**Candy Donations are being accepted at Centennial Commons during regular business hours and at the UCPD police station, M-F, 9 a.m. - 4 p.m. **

contributions of the Hispanic community, the City of University City is proudly showcasing the Hispanic Heritage Flag throughout the duration of Hispanic Heritage Month.

Recognizing the significance of this celebration, the City aims to honor this historic time in St. Louis.



Bulk Collection-West Area



Mon., Sept 23 - Fri., Sept 27

City Council Meeting

Mon., Sept 23 @ 6:30 p.m.

Plan Commission

Meeting-Virtual

Wed., Sept 25 @ 6:30 p.m.

[View the full listing of U City events here](#)

[More U City News](#)

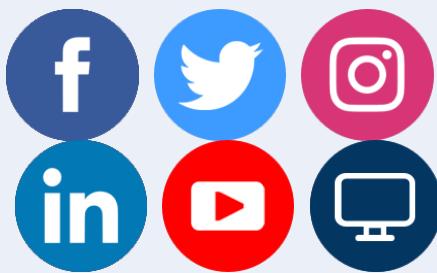
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[U City Schools Peachjar Flyers](#)

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[**SEND US YOUR IDEAS**](#)

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