



# Between the LIONS

U City Community Update

September 27, 2024



Photo by Matthew Murphy and Evan Zimmerman

## Celebrating Bob Gale, University City Native and Co-Creator of Back to the Future

University City proudly honored one of its most accomplished natives, Bob Gale, co-creator of the iconic Back to the Future franchise. On September 24, Mayor Terry Crow presented Gale with a special proclamation in recognition of his contributions to film and his roots in our community. Gale, who grew up in University City, played a pivotal role in shaping a beloved cultural phenomenon.

In celebration of his achievements, Back to the Future, The Musical is now showing at the Fabulous Fox Theater through October 6. Don't miss this exciting opportunity to experience the story that captured the hearts of generations!





[Interview Here](#)

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## 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

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TOTAL BODY &  
TONE

6:30 - 7:30 P.M.  
ZUMBA

## TUESDAY

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STRETCH &  
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TOTAL BODY &  
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## THURSDAY

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TAI CHI

6 - 7 P.M.  
XTREME  
HIP HOP  
STEP CLASS

**SEPTEMBER 9 -  
OCTOBER 31**

314.505.8625  
[UCITYMO.ORG](http://UCITYMO.ORG)

**BIKE** U CITY IN BLOOM

U CITY PARKS AND GARDENS  
SUNDAY OCTOBER 13 @11 A.M.

**FREE – FUN – FAMILY FRIENDLY  
NON-COMPETITIVE**

Centennial Commons at Hemer Park  
West Pool Parking Area  
7210 Olive Blvd., University City

REGISTER ONLINE  


SPONSORED BY:

    

## 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](#)



## HISPANIC HERITAGE MONTH

In tribute to the rich culture and 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.



## Free Tree Distribution

Saturday, October 19

9:00-11:00am

The Green Center

8025 Blackberry Ave, St. Louis, MO 63130

Improve University City's flooding by planting a tree

150 trees will be available with planting resources

Tour The Green Center

Scan to reserve your free tree!



Or visit [moreleaf.org/events](http://moreleaf.org/events) | 314.533.5323

Brought to you by:  
   

## FREE TREE DISTRIBUTION TO HELP MITIGATE FLOODING

October 19th  
9:00 AM

The Green Center  
8025 Blackberry Ave.  
St. Louis, MO 63130

Join Forest ReLeaf, State Farm and Arbor Day Foundation for a free tree giveaway on Oct 19 at The Green Center. Pre-register at [www.moreleaf.org/events](http://www.moreleaf.org/events) to choose your tree and help reduce U. City floods!

[REGISTER HERE](#)

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. \**



**UPCOMING EVENTS**



**Stormwater Commission Meeting**

Tue., Oct 1 @ 3:30 p.m.

**Traffic Court**

Wed., Oct 2 @ 6:00 p.m.

**EDRST Board Meeting**

Thu., Oct 3 @ 6:30 p.m.

**Traffic Court**

Wed., Oct 2 @ 6:00 p.m.

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

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