



September 27, 2024



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](#)

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. 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 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

Tai 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

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FITNESS CLASS SCHEDULE

MONDAY

9 - 10 A.M.
TOTAL BODY &
TONE

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

TUESDAY

9:30 - 10:30 A.M.
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WEDNESDAY

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TOTAL BODY &
TONE

THURSDAY

10 - 11 A.M.
TAI CHI

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

**SEPTEMBER 9 -
OCTOBER 31**

314.505.8625
UCITYMO.ORG

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

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



Gentennial Commons at Heman Park
West Pool Parking Area
7210 Olive Blvd., University City

REGISTER ONLINE 

SPONSORED BY:



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](#)

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

Trees can mitigate flooding!

Scan to reserve your free tree! 

Or visit 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 to choose your tree and help reduce U. City floods!

[REGISTER HERE](#)



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.

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.

WE WANT YOUR TRUNKS!
UNIVERSITY CITY TRUNK OR TREAT 2024
hosted by University City Recreation Division and
the University City Police Department

FRIDAY OCTOBER 25TH 5-7 PM
SET UP TIME - 3:30 PM
HEMAN POOL PARKING LOT, 7210 OLIVE BLVD
Get ready for a frightfully fun and family-friendly Trunk or Treat
extravaganza! Show off your creative side as you decorate
your cars and trunks
and hand out candies to eager "trick or treaters!"

LET YOUR IMAGINATION RUN WILD!
Don't miss this opportunity to showcase your decorating skills and
spread some "kid-friendly" Halloween joy.
Let's make this Trunk or Treat the most "fang-tastic" one yet!

**AND WE HAVE SPOOKTACTULAR PRIZES OF
TROPHIES AND
MOST IMPORTANT "BRAGGIN' RIGHTS" FOR
MOST CREATIVE, MOST SPOOKIEST
AND THE GRAND PRIZE FOR
BEST OVERALL- DECORATED TRUNK**
To participate, please contact
Recreation Supervisor, Merric Meehan
by or before Friday, October 18, 2024
314.505.8613 or mmeehan@ucitymo.org

Unable to participate - that's ok,
We are accepting candy donations at Centennial Commons, 7210 Olive Blvd., M-F 5:30 am-8pm,
Saturdays 8 am-8pm and Sundays 10 am-8pm until Friday, October 18, 2024

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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[U City Schools Peachjar Flyers](#)

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us your stories!*

[SEND US YOUR IDEAS](#)

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