



# Winter-Spring 2026 Program Discounts for *Rockwood Employees & Retirees*



Retirees: Register by calling 636-891-6644 to receive the discounted rate.

Employees: Use your district email address when registering to receive the discounted rate.

➡➡➡ **FREE** ⬅️⬅️⬅️

### Adult Yoga

Strengthen and stretch with Vinyasa, Hatha, Gentle Flow, and Yin yoga.  
Thursdays • March 26-May 7 • 6-7 p.m.  
Parkway Southwest Middle

### Basic Yoga

Build strength, flexibility, and relaxation while learning proper yoga form and breathwork at your own pace.  
Saturdays • Jan. 24-March 7 • 10-11 a.m.  
Mondays • Jan. 26-March 9 • 5-6 p.m.  
Mondays • March 23-April 27 • 5-6 p.m.  
Saturdays • April 11-May 16 • 10-11 a.m.  
Rockwood South Middle

### Beginner Line Dancing 1

Gather friends for some fun and exercise when you learn basic line dances from easy to almost "Beginner 2".  
Mondays • Jan. 26-April 13 • 6-7:30 p.m.  
Parkway West Middle

### Beginner Line Dancing 2

Keep dancing with this next-level country line dance class. Learn fun new routines like Boot Scootin' Boogie and more!  
Wednesdays • Jan. 28-April 8 • 6-7:30 p.m.  
Parkway West Middle

### Beginner Chair Yoga

Build strength, balance, and flexibility with chair-supported yoga.  
Mondays • Jan. 26-Feb. 23 • 6:15-7:15 p.m.  
Mondays • March 2-30 • 6:15-7:15 p.m.  
Green Pines Elementary

### Chair Yoga

Stretch, relax, and build flexibility through yoga movements done entirely from a chair.  
Wednesdays • Jan. 21-Feb. 25 • 1:45-2:45 p.m.  
Wednesdays • March 4-April 8 • 1:45-2:45 p.m.  
Community Ed Office

### Healing Yin Yoga

Relax and restore with yin yoga, holding poses for 3 to 5 minutes to focus on breath, intention, and deep body-mind healing.  
Wednesdays • March 25-April 22 • 6:15-7:15 p.m.  
Parkway Central Middle

### Slow Flow Yoga

Slow to moderate yoga for all levels, focusing on balance, strength, and flexibility.  
Mondays • March 23-April 13 • 6:15-7:15 p.m.  
Parkway Central Middle

### Yin & Release

A slow, meditative practice with long-held poses and supportive props to help you relax, stretch, and feel renewed.  
Mondays • Jan. 26-March 9 • 6:30-7:30 p.m.  
Mondays • March 23-May 4 • 6:30-7:30 p.m.  
Bowles Elementary

### Yin Yang Yoga in the Park

Join us for a relaxing and energizing pre-summer morning flow.  
Sunday • May 3 • 9-10 a.m.  
Babler Outdoor Education Center

### Yin Yoga

Join us for a relaxing yin yoga class that restores body and mind.  
Wednesdays • Feb. 11-March 4 • 6:15-7:15 p.m.  
Wednesdays • March 25-April 15 • 6:15-7:15 p.m.  
Eureka Elementary

### Yoga II (Intermediate)

Build strength, balance, and stability through intermediate yoga poses that tone the body and deepen your mind-body connection.  
Saturdays • Jan. 24-March 7 • 9-10 a.m.  
Saturdays • April 11-May 16 • 9-10 a.m.  
Rockwood South Middle

➡➡➡ **50% OFF** ⬅️⬅️⬅️

### Adult Co-ed Volleyball Open Play

Meet new people and have fun playing volleyball as you join weekly teams open to all skill levels.  
Thursdays • Jan. 22-April 2 • 7-9 p.m.  
Parkway West Middle





# Winter-Spring 2026 Program Discounts for *Parkway Employees & Retirees*



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Community Ed Office

## Happy Hour Hiking Club

Join us for guided monthly hikes, local history, and seasonal mocktails.  
Fridays • Mar. 27, Apr. 17 or May 1 • 5:30-7:30 p.m.  
Various local parks and trails

## Healing Yin Yoga

Relax and restore with yin yoga, holding poses for 3 to 5 minutes to focus on breath, intention, and deep body-mind healing.  
Wednesdays • March 25-April 22 • 6:15-7:15 p.m.  
Parkway Central Middle

## Mindful Art Workshop

Relax, focus, and explore meditative art techniques in our 2-hour workshop, with no experience needed.  
Tuesday • April 21 • 6-8 p.m.  
LaSalle Springs Middle

## Neurographic Art

Explore mindfulness and creativity in Neurographic Art and take home your own unique creation.  
Wednesday • May 6 • 10 a.m.-12 p.m.  
Community Ed Office

## Slow Flow Yoga

Slow to moderate yoga for all levels, focusing on balance, strength, and flexibility.  
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Parkway Central Middle

## Stretching and Flexibility

Stretch and strengthen your whole body in a gentle fitness class that improves flexibility and eases everyday movement.  
Tuesdays • Jan. 20-March 31 • 6:15-7:15 p.m.  
Hanna Woods Elementary

## Tai Chi 24

Discover the gentle Tai Chi-24 Form to enhance balance, health, and inner harmony.  
Thursdays • Jan. 22-April 9 • 6:15-7:45 p.m.  
Uthoff Valley Elementary

## Yin & Release

A slow, meditative practice with long-held poses and supportive props to help you relax, stretch, and feel renewed.  
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Bowles Elementary

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Rockwood South Middle





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## **Adult Co-ed Volleyball Open Play**

Meet new people and have fun playing volleyball as you join weekly teams open to all skill levels.

Thursdays • Jan. 22-April 2 • 7-9 p.m.

Parkway West Middle

## **Adult Dance Workout**

Build strength, posture, and artistry through a dance workout blending yoga, Pilates, and barre.

Thursdays • Jan. 8-29 • 7:30-8:15 p.m.

Thursdays • March 26-April 16 • 7:30-8:15 p.m.

St. Lou Dance Crew

## **Backpacking Basics**

Learn backpacking essentials to stay safe and comfortable on overnight trips.

Thursday • Feb. 5 • 6-7:30 p.m.

Community Ed Office

## **Balance Barre**

Improve balance, strength, and coordination with a gentle, ballet-inspired barre class designed for adults 50 and over.

Thursdays • Jan. 22-Feb. 26 • 12-1 p.m.

Thursdays • March 5-April 9 • 12-1 p.m.

Community Ed Office • Ages 50+

## **CPR Certification**

Learn to recognize and respond to breathing and cardiac emergencies in this two-session Adult CPR course with two-year certification. Each session is two Saturday classes; the first Saturday is 8-9:30 a.m. and the second is 8-10 a.m.

Saturdays • 8-9:30 a.m. and 8-10 a.m.

Feb. 7 and 14, March 7 and 14, or

April 4 and 11

Community Ed Office

## **Dancing Through the Decades**

Move, stretch, and boost strength, balance, and confidence in a fun, music-filled dance class for adults 50 and over.

Wed. • Jan. 21-March 11 • 11 a.m.-12 p.m.

Wed. • March 18-April 29 • 11 a.m.-12 p.m.

Community Ed Office • Ages 50+

## **Day Hike Discoveries**

Enjoy a 4 to 5 mile guided hike through local parks with a picnic stop.

Thursdays

March 5, April 2, or May 7 • 11 a.m.-2 p.m.

Various local parks and trails

## **Women's Self-Defense**

Meet new people and have fun playing volleyball as you join weekly teams open to all skill levels.

Thursday • Jan. 29 • 6-8 p.m.

Parkway Northeast Middle

Friday • Feb. 27 • 6-8 p.m.

Selvidge Middle

## **Winter-Spring Yoga Series: New Year, New Beginnings & Intention Setting Yoga**

Set intentions for the new year through grounding poses, balance, and mindfulness practices that nurture personal growth.

Saturday • Jan. 24 • 1:30-2:30 p.m.

Rockwood South Middle

## **The Heart of Yoga & Self-Love (Couples Yoga)**

Explore gratitude and kindness through heart-opening poses, partner yoga, and loving-kindness meditation.

Saturday • Feb. 7 • 1:30-2:30 p.m.

Rockwood South Middle

## **Awakening & Transition Yoga**

Release what no longer serves you and energize your body with flowing yoga, detoxifying twists, and invigorating breathwork.

Saturday • March 7 • 1:30-2:30 p.m.

Rockwood South Middle

## **Earth Connection & Grounding Yoga**

Connect with the grounding energy of the earth through standing and balancing poses in this outdoor yoga class.

Saturday • April 18 • 1:30-2:30 p.m.

Rockwood South Middle

## **Growth & Blossoming Yoga**

Celebrate your growth and intentions through opening and expanding yoga poses that honor your unique journey.

Saturday • May 9 • 1:30-2:30 p.m.

Rockwood South Middle

