Tae Kwon Do
Tae kwon do is a Korean martial art that translates into “the way of kicking and punching” with proper attitude and concentration. Practice tae kwon do to learn mind and body control through unarmed self-defense techniques, discipline and concentration. Instructor Master Mark Bergmooser is a certified 5th-degree black belt. Open to students age 5 and older.

$54 (Senior Fee $28.50) – classroom training only (no private lessons)

$79 (Senior Fee $51) – includes classroom training and one private lesson. If you wish to schedule additional private lessons with each section, please call the office for pricing and to register. Private Tae Kwon Do lessons must be completed prior to the end of the semester or by the date determined by the instructor.

Tae Kwon Do – Fall
Register for all sections (classroom only) offered this semester at once and receive a $20 discount. There are no discounts for sections with private lessons.

YOGA, PILATES & willPower & grace © CLASSES
Learn how to reduce stress, increase flexibility, tone muscles and reconnect with yourself through yoga and Pilates. A regular schedule can help improve your health, gain new perspectives on movement and create a more positive outlook on life. All classes are designed so you can work at your own pace.

All classes will take place at Mind Body Balance, located at 105 E. Front Street, Suite 304, Monroe. Supplies are provided at the studio, including mats, towels, water and props. All you need to do is show up and enjoy your workout!

Flexible scheduling!
You pick the number of sessions that best meet your schedule and budget, and pick dates and times during the semester that you want to attend.

Yoga/willPower & grace © Prices

<table>
<thead>
<tr>
<th>5 class pass</th>
<th>10 class pass</th>
<th>Kids Only (7-12 years)</th>
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</thead>
<tbody>
<tr>
<td>$70 (expires after three months)</td>
<td>$125 (expires after three months)</td>
<td>$50 for 6-weeks (expires in two months)</td>
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Classes Offered:
For your convenience, our yoga classes are offered at a variety of times Monday through Saturday. Please refer to www.mindbodybalance.com for specific meeting times of the following classes.

As a reminder, a minimum number is required to run a class.

Fitness Waiver
All Lifelong Learning students participating in one of our sports/recreation/physical education classes are required to submit a signed Release of Liability waiver at the time of registration. A signed waiver must be on file with the Office of Lifelong Learning by the first day of class. Only one form is necessary per semester. The waiver is located on Page 25, and it is recommended that you include it with your registration form. It is also available online at http://www.monroeccc.edu/ccs/LLSchedule/FL16/index.htm. NOTE: For students under the age of 18 participating in our fitness classes, a parent/legal guardian must sign the waiver. A doctor’s review of your health is advised before starting any exercise program.
**Personal Fitness Trainer Certification**

Whether as a career move or for your own personal knowledge, get all the information you need to become a certified personal trainer. This challenging course is taught over several weeks for better retention and skill competency. The national exam is held during the last week. This course is comprised of 15 hours of lecture, 15 hours of hands-on practical training and a 30-hour internship that networks many graduates right into a job. The course includes biomechanics, exercise physiology, fitness testing, equipment usage and health assessment. CPR/AED is required to receive your certificate. Call 1.888.330.9487 to order the required book, as there is advanced reading required before the first class.

**CEUs:** 3.6

**HPE 729-81**

$659 (Senior Fee $579)

Saturdays       Oct. 8 - Nov. 12

9 a.m. - 4 p.m.  H 164  WITS Staff

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**Children’s Self-defense Seminar**

This self-defense seminar geared for children will be taught by Master Mark Bergmooser, a 5th-degree black belt. The seminar will cover simple self-defense strategies designed to protect children from attackers. They will learn to recognize threatening situations, how to respond to them and how to mentally and emotionally gather the confidence needed to survive. Simple techniques will include basic punches, kicks and strikes. **Children should come dressed in gym clothes and be prepared to go barefoot. Open to children ages 5-12 who must be accompanied by a parent.**

**HPE 716-81**

$19

Thursday       Oct. 27

7 - 8 p.m.  H 139  Bergmooser

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**NRA Basic Personal Protection in the Home**

Designed to teach you the basic knowledge, skills and attitude essential for the safe and efficient use of a handgun for self protection, this course will qualify you to apply for a Concealed Pistol License in Michigan and Ohio. You will learn basic defensive shooting skills, strategies for home safety and how to respond to a violent confrontation, as well as how to choose a handgun. Prerequisite: You must be a law-abiding adult (at least 21 years old) and be an experienced shooter or have taken the Basic Pistol class. There are no exceptions, and you will be evaluated to confirm your skill level with your firearm.

Classroom instruction is from approximately 8 a.m. - 3 p.m. at MCCC. Practice at the firing range will follow classroom instruction on the same day in Luna Pier. **You are required to have your own firearm, 150 rounds of ammunition, and eye and ear protection. Do not bring your firearms on MCCC’s campus.**

**CEUs:** .8

**SPORT 740-81**

$115 (Senior Fee $102.50)

Saturday       Sep. 24

8 a.m. - 5 p.m.  Z 272  Blank

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**Circuit Training**

This challenging class provides a great workout as you move through a series of stations designed to elevate your heart rate and challenge your muscles. A circuit of timed, specific intervals will include working with weights, stability balls, bands and jump ropes.

**HPE 711-81**

$69 (Senior Fee $34.50)

Tues/Thurs       Sep. 13 - Oct. 25

5 - 6 p.m.  H 131  Turner

No class on October 18

**HPE 711-82**

$69 (Senior Fee $34.50)

Tues/Thurs       Oct. 27 - Dec. 8

5 - 6 p.m.  H 131  Turner

No class on November 24

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**Pilates Mat Class**

Our Pilates mat class is a series of floor exercises designed to use your own body weight in gravity. It requires you to perform various exercises with a limited number of repetitions while making smooth transitions from one move into another. The sequence works deeper muscles and produces a leaner look and improved posture. Please bring a 5/8-inch Pilates mat with you.

**HPE 733-81**

$69 (Senior Fee $34.50)

Tues/Thurs       Sep. 13 - Oct. 25

6:15 - 7:15 p.m.  H 131  Turner

No class on October 18

**HPE 733-82**

$69 (Senior Fee $34.50)

Tues/Thurs       Oct. 27 - Dec. 8

6:15 - 7:15 p.m.  H 131  Turner

No class on November 24

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