



HYBRID/BLENDED ONLINE COURSE Certified Personal Trainer

Get all the information needed to start an exciting fitness career and become a Certified Personal Trainer. For the past two years, World Instructor Training School students are passing at a 92 percent ratio on the first exam attempt. This format is going to be the WITS standard for 2018 nationwide. We do what a written test certification alone cannot do for you to become successful in the fitness industry. The hands-on, practical labs are still with a veteran LIVE teacher on our campus. The lectures are on 10-minute video clips and compiled with quizzes, discussion boards and more to master the information. The course covers exercise physiology, kinesiology and much more. Past students are loving the mentors online as they are there to answer questions each week while allowing you to watch the videos over and over to digest the key materials. The hybrid course gives you more flexibility than a live course. Fitness Professional 7th Ed (ISBN-13: 9781492523376). To purchase, call 1-888-330-9487. CEUs: 3.6

Certified Personal Trainer - Level 1:

You must successfully complete the written and practical exams and obtain CPR/AED certifications.

Certified Personal Trainer - Level 2:

You must successfully complete your Level 1 exams followed by a 30-hour internship.

HPE 729-81

\$659 (Senior Fee \$579)
Saturdays Oct. 7 - Nov. 18
1 - 4 p.m. H 110
No class on November 11



WITS Staff

Group Golf Lessons

Whether you're just starting out or you want to break some frustrating habits, this class is for you! Through a group teaching environment, you'll get hands-on experience using your short irons, woods and long irons, along with direction on how to properly grip, set up and swing. **Class will meet at Old Town Golf and Sportland in Monroe. Bring your clubs with you to class.** There will be an additional small fee at the course for use of golf balls.

GOLF 701-81

\$124 (Senior Fee \$62)
Thursdays Sep. 14 - Oct. 12
5:30 - 7p.m. Old Town Rinna

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. 12 - Oct. 24
5 - 6 p.m. H 131 Goss
No class on October 3

HPE 711-82

\$69 (Senior Fee \$34.50)
Tues/Thurs Oct. 26 - Dec. 7
5 - 6 p.m. H 131 Goss
No class on November 23



Dance2Fit with Carley

Have fun while losing weight and getting toned! Taught by a certified instructor, Dance2Fit offers a way to jumpstart a healthy lifestyle while learning and dancing in a positive environment. Torch calories and tone muscles by combining dance and fitness moves to high-energy hits from yesterday and today. Dance2Fit is a judgement-free zone and is perfect for participants with no prior dancing experience. Come try something new and shake it to a healthier and happier you!

Mondays, 5 - 6 p.m.

HPE 769-81

\$30 (Senior Fee \$15)
Mondays Sep. 25 - Oct. 30
5 - 6 p.m. H 131 Schwartz

HPE 769-82

\$30 (Senior Fee \$15)
Mondays Nov. 6 - Dec. 11
5 - 6 p.m. H 131 Schwartz

Wednesdays, 5 - 6 p.m.

HPE 769-83

\$30 (Senior Fee \$15)
Wednesdays Sep. 27 - Nov. 1
5 - 6 p.m. H 131 Schwartz

HPE 769-84

\$30 (Senior Fee \$15)
Wednesdays Nov. 8 - Dec. 13
5 - 6 p.m. H 131 Schwartz

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. 26
7 - 8 p.m. H 139 Bergmooser

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 24, and it is recommended that you include it with your registration form. It is also available online at <http://www.monroeccc.edu/ccs/LLSchedule/FL17/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.

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:

5-class pass

\$70 (expires after three months)

10-class pass

\$125 (expires after three months)

Kids Only (7-12 years)

\$50 for 6-weeks (expires in two months)

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.



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.

Register for all TKD sections (classroom only) offered this semester at once and receive a \$20 discount. There are no discounts for sections with private lessons.

HPE 712-81

\$196 (Senior Fee \$104)

Tues/Thurs Aug. 22 - Dec. 14

6:30 - 7:45 p.m. H 139 Bergmooser

No class on October 26, 31,

November 14, 16 and 23

HPE 712A-81 – classroom only

HPE 713-81A – classroom plus one private lesson

Tues/Thurs Aug. 22 - Sep. 12

6:30 - 7:45 p.m. H 139 Bergmooser

HPE 712B-81 – classroom only

HPE 713-81B – classroom plus one private lesson

Tues/Thurs Sep. 14 - Oct. 5

6:30 - 7:45 p.m. H 139 Bergmooser

HPE 712C-81 – classroom only

HPE 713-81C – classroom plus one private lesson

Tues/Thurs Oct. 10 - Nov. 7

6:30 - 7:45 p.m. H 139 Bergmooser

No class on October 26 and 31

HPE 712D-81 – classroom only

HPE 713-81D – classroom plus one private lesson

Tues/Thurs Nov. 9 - Dec. 14

6:30 - 7:45 p.m. H 139 Bergmooser

No class on November 14, 16 and 23

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.

Practice at the firing range will follow-up on a separate date to be determined. 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: .5

SPORT 740-81

\$100 (Senior Fee \$88.25)

Saturday Sep. 16

9 a.m. - 2 p.m. Z 271

Blank

SPORT 740-82

\$100 (Senior Fee \$88.25)

Saturday Oct. 28

9 a.m. - 2 p.m. Z 271

Blank



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