

# SPORTS | PHYSICAL FITNESS ●●●●●●●●●●●●●●●●

## 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. 6 - Oct. 11  
 5:30 - 7 p.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. 11 - Oct. 25  
 5 - 6 p.m. H 131 Goss  
 No class on October 16

**HPE 711-82**  
 \$69 (Senior Fee \$34.50)  
 Tues/Thurs Oct. 30 - Dec. 13  
 5 - 6 p.m. H 131 Goss  
 No class on November 22



## 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

**HPE 769-81**  
 \$30 (Senior Fee \$15)  
 Mondays Sep. 10 - Oct. 15  
 5:15 - 6:15 p.m. H 131 Schwartz

**HPE 769-82**  
 \$30 (Senior Fee \$15)  
 Mondays Oct. 22 - Nov. 26  
 5:15 - 6:15 p.m. H 131 Schwartz

### Wednesdays

**HPE 769-83**  
 \$30 (Senior Fee \$15)  
 Wednesdays Sep. 5 - Oct. 10  
 5:15 - 6:15 p.m. H 131 Schwartz

**HPE 769-84**  
 \$30 (Senior Fee \$15)  
 Wednesdays Oct. 17 - Nov. 28  
 5:15 - 6:15 p.m. H 131 Schwartz  
 No class on November 24

### Monday/Wednesdays

**HPE 769-85**  
 \$30 (Senior Fee \$15)  
 Mon/Wed Dec. 3 - 19  
 5:15 - 6:15 p.m. H 131 Schwartz



## 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, WITS students are passing at a 92% 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 gives you more flexibility than a live course. Fitness Professional 7<sup>th</sup> Ed (ISBN-13: 9781492523376). To purchase, call 1-888-330-9487.

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 you Level 1 exams followed by a 30-hour intership. CEUs: 3.6

**HPE 729-81**  
 \$659 (Senior Fee \$579)  
 Saturdays Oct. 20 - Dec. 8  
 9 a.m. - 4 p.m. H 105/H 110 W.I.T.S. Staff  
 No class on November 10 and 24



## 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 26, and it is recommended that you include it with your registration form. It is also available online at <http://www.monroeccc.edu/ccs/llschedule/f18/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.

**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 5<sup>th</sup>-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.

**HPE 712A-81 – classroom only**

**HPE 713-81A – classroom plus one private lesson**

Tues/Thurs Aug. 23 - Sep. 13  
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. 18 - Oct. 9  
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. 11 - Nov. 8  
6:30 - 7:45 p.m. H 139 Bergmooser  
No class on October 25 and November 6

**HPE 712D-81 – classroom only**

**HPE 713-81D – classroom plus one private lesson**

Tues/Thurs Nov. 13 - Dec. 13  
6:30 - 7:45 p.m. H 139 Bergmooser  
No class on November 15 and 22

**Tae Kwon Do**

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.

**HPE 712-81**

\$196 (Senior Fee \$104)

Tues/Thurs Aug. 23 - Dec. 13  
6:30 - 7:45 p.m. H 139 Bergmooser  
No class on October 25, November 6, 15 and 22

**Children's Self-Defense Seminar**

This self-defense seminar geared for children will be taught by Master Mark Bergmooser, a 5<sup>th</sup>-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. 25  
7 - 8 p.m. H 139 Bergmooser

**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 9 a.m. - 3 p.m. at MCCC. Practice at the firing range will follow-up after classroom instruction; transportation is not included. 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 Oct. 13  
9 a.m. - 3 p.m. A 173a Blank

**Fitness Waiver**

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## YOGA, PILATES

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 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. Refer to [www.mindbodybalance.com](http://www.mindbodybalance.com) for specific meeting times of the following classes.

## Levels of Yoga – Where to Begin Slow/Flow

For beginning students and those wishing to practice at a moderate pace, this class is an introduction to flowing yoga (vinyasa). This slower paced series focuses on yoga basics which include stretches, breathing, posture, relaxation, deepening our understanding of the body, principles of alignment, structure and developing a yoga practice that is safe, joyful, therapeutic and fun!

### Yin Yoga

Yin yoga targets the deep connective tissues and fascia that covers the body. This helps us to regulate the flow of energy. Yin Yoga is a very simple practice. We settle into an asana pose for 3-7 minutes and slowly relax our muscles to allow the connective tissues that wrap our muscles to be safely and therapeutically stretched, stimulated and strengthened.

### Restorative Yoga

The practice of restorative yoga postures help in the elimination of built-up stress and tension in the body and mind. This simple, self-care practice can help you deeply relax, increase the healing process, and bring deeper connection and grounding to your daily life. This class may include any of the following: pranayama practice (breath work); light posture flow; restorative postures (supportive) with the use of bolsters, blankets, blocks, weights; and guided meditation.

## Core Vinyasa Flow

For those with prior yoga experience. Refine your basic poses and increase your confidence to enter an intermediate class. This class combines movement, breathing, and meditation toward increased flexibility, relaxation and self-awareness. Additional standing poses, as well as beginning inversions, backbends and forward bends, will increase challenge at this level. Continued practice of inversions, balance postures, and breath awareness supports focus and concentration.

### NEW!

### PiYo

Our PiYo class is a cardio blend between Pilates and yoga. This low-impact workout will increase your fitness level including core strength, flexibility, stability, balance and posture as you move from one exercise to the next. PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga creating a longer, leaner and more defined you! Please bring a yoga mat with you to class.

### HPE 770-81

\$30 (Senior Fee \$15)  
Thursdays Sept. 13 - Oct. 18  
6 - 7 p.m. H 131 Calendar

### HPE 770-82

\$30 (Senior Fee \$15)  
Thursdays Oct. 25 - Dec. 6  
6 - 7 p.m. H 131 Calendar

## About the Instructor - Kimberly Searl

Kimberly Searl holds one of the first masters of science in yoga therapy and has performed internships at John Hopkins Hospital in oncology and acute care. Kim has been featured multiple times in an international fitness magazine (IDEA) and Natural Awakenings. She has also presented on her Youth with Autism research at SYR. SYR is the West's foremost academic yoga research conference and showcases some of the best new research. She is an inspirational teacher, celebrated for her authenticity, generous spirit and her joyous personality that helps you learn to love and appreciate your body. She works with teachers, business professionals, dancers and retirees. She is an integrative sustainable movement advocate who is an empowerment speaker, yoga expert, author and healthy lifestyle leader. She teaches you how to integrate yoga as a way of life.

## Courses offered at Mind Body Balance

- Slow Flow Yoga
- Intermediate Yoga
- Yin Yoga
- Kids Yoga
- Power Vinyasa
- Advanced Yoga
- Senior Yoga
- Pilates

