**SPORTS | PHYSICAL FITNESS**

**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 Mar. 12 - Apr. 23
9 a.m. - 4 p.m. H 164 WITS Staff
No class on March 26

**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 Apr. 7 - May 5
5:30 - 7:30 p.m. Old Town Rinna

**Women’s Self-defense Seminar**
Geared specifically for women, this seminar will cover simple self-defense strategies designed to help you protect yourself from attackers. Learn to recognize threatening situations, methods of responding to them and how to mentally and emotionally gather the confidence you need to survive an attack. Please come dressed in comfortable gym clothes and be prepared to go barefoot.

HPE 721-81
$29 (Senior Fee $14.50)
Thursday Mar. 31
7 - 9 p.m. H 139 Bergmooser

**America’s Boating Course**
America’s Boating Course, taught by the Toledo Sail and Power Squadron, is our primary effort toward public instruction in the fundamentals of safe boating. Our classes are designed to familiarize each student with the fundamentals of safe boating and qualify for state certification. Topics to be covered include: boat handling under normal conditions; adverse conditions and emergencies; types of boats and boating terminology; required and recommended equipment; boating regulations and navigation rules; lines and knots; aids to navigation; piloting techniques; proper marine radio usage and trailer boating.

The State of Michigan requires that anyone born after December 31, 1978 must complete a safe boating class in order to legally operate a boat or personal watercraft with 10 hp or more. By completing and passing this course, you will have satisfied the educational requirement for Michigan. CEUs: 1.2

SPORT 703-81 – first family member
$50 (Senior Fee $25)
SPORT 703-82 – additional family members
$25 (Senior Fee $12.50)

**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 Feb. 2 - Mar. 17
5 - 6 p.m. H 131 Turner
No class on March 1 and 3

HPE 711-82
$69 (Senior Fee $34.50)
Tues/Thurs Mar. 22 - May 5
5 - 6 p.m. H 131 Turner
No class on March 29, 31 and April 28

**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 Feb. 2 - Mar. 17
6:15 - 7:15 p.m. H 131 Turner
No class on March 1 and 3

HPE 733-82
$69 (Senior Fee $34.50)
Tues/Thurs Mar. 22 - May 5
6:15 - 7:15 p.m. H 131 Turner
No class on March 29, 31 and April 28

**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 27, and it is recommended that you include it with your registration form. It is also available online at http://www.monroeccc.edu/ccs/LLSchedule/WISP16/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.

16 January - August 2016 ■ www.monroeccc.edu ■ Call 734.384.4127
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 – Winter
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 Jan. 5 - Apr. 21
6:30 - 7:45 p.m. H 139 Bergmooser
No class on March 1, 3, 31 and April 7

HPE 712A-81 – classroom only
HPE 713-81A – classroom plus one private lesson
Tues/Thurs Jan. 5 - 26
6:30 - 7:45 p.m. H 139 Bergmooser

HPE 712B-81 – classroom only
HPE 713-81B – classroom plus one private lesson
Tues/Thurs Feb. 23 - Mar. 22
6:30 - 7:45 p.m. H 139 Bergmooser
No class on March 1 and 3

HPE 712C-81 – classroom only
HPE 713-81C – classroom plus one private lesson
Tues/Thurs Mar. 24 - Apr. 21
6:30 - 7:45 p.m. H 139 Bergmooser
No class on March 31 and April 7

Tae Kwon Do – Spring
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 712-82
$196 (Senior Fee $104)
Tues/Thurs Apr. 26 - Aug. 11
6:30 - 7:45 p.m. H 139 Bergmooser
No class on April 28, May 12, 26 and June 2

HPE 712A-82 – classroom only
HPE 713-81A – classroom plus one private lesson
Tues/Thurs Apr. 26 - May 24
6:30 - 7:45 p.m. H 139 Bergmooser
No class on April 28 and May 12

HPE 712B-82 – classroom only
HPE 713-81B – classroom plus one private lesson
Tues/Thurs May 31 - June 23
6:30 - 7:45 p.m. H 139 Bergmooser
No class on June 2

HPE 712C-82 – classroom only
HPE 713-81C – classroom plus one private lesson
Tues/Thurs June 28 - July 19
6:30 - 7:45 p.m. H 139 Bergmooser

HPE 712D-82 – classroom only
HPE 713-81D – classroom plus one private lesson
Tues/Thurs July 21 - Aug. 11
6:30 - 7:45 p.m. H 139 Bergmooser

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SPORTS | PHYSICAL FITNESS

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 of the following classes.

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

Namaste Day
Yogis United in Gratitude, Giving with Compassion
Please join Kimberly Searl (Mind Body Balance) and Malissa Whited (Mindful Movement) for the fourth annual Namaste Day. This workshop will consist of 1.5 hours of Vinyasa yoga practice followed by short break-out sessions covering topics related to how yoga applies to life off the mat. Subjects may include: introduction to meditation and/or chanting, the chakra system, mindful eating or yin yoga. We’ll conclude with a brief panel discussion of the future of yoga in our community and an opportunity to share in a gratitude circle. The cost is $15. Proceeds will be donated to The Foundation at Monroe County Community College to support a scholarship fund.

While the community yoga class is in session, a separate Kids Yoga class will be offered for ages 7-12. The cost is $5 and covers the class as well as the materials to make a craft. Please bring a yoga mat if you have one. Class size is limited to 20 participants so it is encouraged that you pre-register by contacting Diane at 734-497-6608. Please plan to pick your child up once the community class is finished.

YOGA 714-81
$15 (Senior Fee $15)
Saturday  
January 30
10 a.m. – 2 p.m.  
La-Z-Boy Center
Check-in begins at 9 a.m.

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