

# SPORTS | PHYSICAL FITNESS | MOTORCYCLE SAFETY



## Personal Fitness Trainer Certification

Two personal trainer certifications for one price! Whether for a career move or for personal knowledge, get all the information needed to become a certified personal trainer. Our personal trainer course is a great way to prepare to be a successful nationally certified personal trainer.

This collegiate course is for candidates wanting in-depth instruction and hands-on experience with a top veteran instructor to master the career skills and knowledge to be a successful trainer. The course consists of 15 hours of lecture with key topics that include biomechanics, exercise physiology, fitness testing, equipment usage, and health assessment; 15 hours of hands-on practical training labs with role playing drills on exercises, presentation skills, etc. to professionally master the position.

**Level 1** – Nationally Certified Personal Trainer: You must successfully complete the written and practical exams and obtain CPR/AED certification.

**Level 2** – Nationally Certified Personal Trainer: You must successfully complete your Level 1 exams followed by a 30 hour internship that will help connect to local employers.

*Fitness Professional's Handbook-7th Edition* is available for purchase by calling 1-888-330-9487. CEUs: 3.6

### HPE 729-81

\$659 (Senior Fee \$579)

Saturdays Apr. 1 - May 13  
9 a.m. - 4 p.m. H 157

No class on April 15



WITS Staff

## 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)

Tuesday Apr. 18  
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: 1.0

### SPORT 703-81 – first family member

\$50 (Senior Fee \$25)

### SPORT 703-82 – additional family members

\$25 (Senior Fee \$12.50)

Wednesdays Mar. 8 - 29  
6:30 - 9 p.m. Z 203 Hoover

## 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. 13 - May 11  
5:30 - 7:30 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 Jan. 31 - Mar. 16  
5 - 6 p.m. H 131 Goss  
No class on February 28 and March 2

### HPE 711-82

\$69 (Senior Fee \$34.50)

Tues/Thurs Mar. 21 - May 4  
5 - 6 p.m. H 131 Goss  
No class on March 30 and April 27

### HPE 711-83

\$69 (Senior Fee \$34.50)

Tues/Thurs May 9 - June 15  
5:15 - 6:15 p.m. H 131 Goss

### HPE 711-84

\$69 (Senior Fee \$34.50)

Tues/Thurs June 20 - Aug. 1  
5:15 - 6:15 p.m. H 131 Goss  
No class on July 4

## 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/WISP17/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.

## Motorcycle Safety

Improving the safety of motorcyclists on our roads is our primary goal. As part of the Detroit Metro Motorcycle Safety Consortium, we offer hands-on, comprehensive motorcycle safety training in a safe and comfortable environment. Our classes are taught by professional certified instructors who not only have a passion for riding, but riding safety. State funds from a motorcycle safety grant administered by the Michigan Department of State and federal funds from the Michigan Office Highway Safety and Planning support this program.

For your protection, all motorcycle courses required you to have the following:

- DOT-approved helmet (still required for all classes, even though the helmet law has changed)
- Long sleeve jacket or heavy shirt
- Heavy duty long pants
- Eye protection – goggles or glasses (required even with a face shield helmet)
- Full fingered gloves
- Boots: Your ankles must be covered and the boot must have a hard sole. High heels or high-top tennis shoes are not permitted.
- Rain and cold weather gear, as needed
- Pencil or pen

**Please note that all motorcycle classes are non-refundable.**

## Returning Rider Course (RRC)

This is a one-day course designed for the experienced but unlicensed rider to become licensed and legal. Many experienced, licensed riders use this course as a refresher and skills tune up. Topics include: braking, counter steering, turning, speed judgment and other techniques necessary for the experienced rider to operate a motorcycle skillfully and safely. Each student must provide their own motorcycle. Scooters will be allowed in this class. Sharing is not allowed and your cycle must be titled, properly registered and display a valid license plate. Each student must provide proof of insurance and the bike must pass a safety inspection. Successful completion allows a student to waive the Secretary of State riding skills test.

### Who should take the RRC class?

- Those with basic motorcycle riding skills including the ability to shift, make a normal stop and basic turning.
- Those with a motorcycle endorsement who are interested in refreshing and improving their basic riding skills.
- Students under the age of 18 are allowed to take this course starting at age 15 if they have a valid driver's license. A parent or guardian must accompany the student to the first class meeting to sign required documents.

**MOTCY 703-81** ☀️  
 \$50 (Senior Fee \$25)  
 Saturday June 24  
 8 a.m. - 6 p.m. Z 260 and Lot #2



## Basic Rider Course - Web Enhanced

**Requirements: You must have a valid email address on file with the College. You must complete the online eCourse prior to your class start date and bring the completion certificate to the first class session.** The link to the eCourse will be distributed by the College via email at least one week prior to the start date of your class.

This class consists of approximately 18 hours of instruction – three hours of online preparation to be completed prior to your class start date, five hours of classroom instruction and 10 hours of hands-on training. Designed for someone who has minimal experience operating a motorcycle, this course focuses on the development of basic riding skills: clutch and throttle coordination, straight-line riding, braking, turning, and shifting. Successful completion of this course and its knowledge and skills tests will result in a riding test waiver by the Secretary of State. **Prerequisite: ability to ride a bicycle.**

### Who Should Take The BRC Course?

- Those who want to learn to ride safely and are able to ride a two-wheel bicycle.
- Those who fail the state riding skills test twice
- Students under the age of 18 are allowed to take this course starting at age 15 if they have a valid driver's license. A parent or guardian must accompany the student to the first class meeting to sign required documents.

Class meets Friday from 6 - 10 p.m. and Saturday and Sunday from approximately 8 a.m. - 6 p.m.

**MOTCY 706-81** ☀️  
 \$50 (Senior Fee \$25)  
 Friday - Sunday July 7 - 9 Z 260

**MOTCY 706-82** ☀️  
 \$50 (Senior Fee \$25)  
 Friday - Sunday July 14 - 16 Z 260

**MOTCY 706-83** ☀️  
 \$50 (Senior Fee \$25)  
 Friday - Sunday July 28 - 30 Z 260

## 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. 3 - Apr. 25  
6:30 - 7:45 p.m. H 139 Bergmooser  
No class on February 28, March 2, April 11, 13 and 18

### HPE 712A-81 – classroom only

HPE 713-81A – classroom plus one private lesson  
Tues/Thurs Jan. 3 - 24  
6:30 - 7:45 p.m. H 139 Bergmooser

### HPE 712B-81 – classroom only

HPE 713-81B – classroom plus one private lesson  
Tues/Thurs Jan. 26 - Feb. 16  
6:30 - 7:45 p.m. H 139 Bergmooser

### HPE 712C-81 – classroom only

HPE 713-81C – classroom plus one private lesson  
Tues/Thurs Feb. 21 - Mar. 21  
6:30 - 7:45 p.m. H 139 Bergmooser  
No class on February 28 and March 2

### HPE 712D-81 – classroom only

HPE 713-81D – classroom plus one private lesson  
Tues/Thurs Mar. 23 - Apr. 25  
6:30 - 7:45 p.m. H 139 Bergmooser  
No class on April 11, 13 and 18

## 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. 27 - Aug. 8  
6:30 - 7:45 p.m. H 139 Bergmooser  
No class on May 30 and July 4

### HPE 712A-82 – classroom only

HPE 713-81A – classroom plus one private lesson  
Tues/Thurs Apr. 27 - May 18  
6:30 - 7:45 p.m. H 139 Bergmooser

### HPE 712B-82 – classroom only

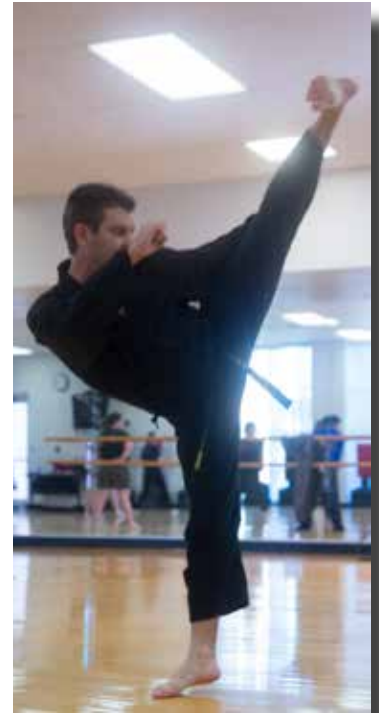
HPE 713-81B – classroom plus one private lesson  
Tues/Thurs May 23 - June 15  
6:30 - 7:45 p.m. H 139 Bergmooser  
No class on May 30

### HPE 712C-82 – classroom only

HPE 713-81C – classroom plus one private lesson  
Tues/Thurs June 20 - July 13  
6:30 - 7:45 p.m. H 139 Bergmooser  
No class on July 4

### HPE 712D-82 – classroom only

HPE 713-81D – classroom plus one private lesson  
Tues/Thurs July 18 - Aug. 8  
6:30 - 7:45 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 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/WISP17/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.

# SPORTS | PHYSICAL FITNESS | MOTORCYCLE SAFETY

## 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)



YOUR GLOBAL INTEGRATED FITNESS STUDIO

### Classes Offered:

For your convenience, our yoga classes are offered at a variety of times Monday through Saturday. Please refer to [www.mindbodybalance.com](http://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 fifth 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 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

10 a.m. – 2 p.m.

Check-in begins at 9 a.m.

Feb. 4

La-Z-Boy Center



## 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.monroecc.edu/ccs/LLSchedule/WISP17/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.