



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. Class is taught by Instructor Master Mark Bergmooser, a certified 5th-degree black belt and Instructor Frank Stasa. Open to students age 5 and older.

\$60 (Senior Fee \$31.50) – classroom training only (no private lessons)

\$95 (Senior Fee \$59) – 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 712B-81 – classroom only

HPE 713-81B – classroom plus one private lesson

Tues/Thurs Sept 20 - Oct. 13

6:30 – 7:45 p.m.

H 131

Bergmooser/Stasa

No class September 27

HPE 712C-81 – classroom only

HPE 713-81C – classroom plus one private lesson

Tues/Thurs Oct. 18 - Nov. 8

6:30 – 7:45 p.m. H 131 Bergmooser/Stasa

HPE 712D-81 – classroom only

HPE 713-81D – classroom plus one private lesson

Tues/Thurs Nov. 10 - Dec. 8

6:30 – 7:45 p.m. H 131 Bergmooser/Stasa

No class November 15 and 24

Personal Trainer Certification Course - Hybrid (virtual lectures and in-person practical skills labs)

This hybrid course includes virtual lectures plus in-person practical skills lab on campus.

Get all the information needed to start an exciting fitness career and become a Certified Personal Trainer. Turn your fitness passion into a profession.

The scheduled virtual live lectures are led by our five-star teacher. Topics will cover 15 hours on anatomy, exercise physiology, kinesiology, biomechanics, nutrition and more.

The in-person practical skill labs allow you to role play and review essential hands-on skills to master assessing clients, stretching, warm ups/cool downs, exercise analysis and programming design.

The course includes the national test vouchers (\$450 value) and extra access to our online video enhanced CPT course to review lectures and labs at no extra cost! W.I.T.S. 30-hour optional employer internship (Level 2 Certification) helps walk you in to jobs who very much value our unique certification.

We are all about your success and the tools we give you will help you reach that goal. CEUs: 3.6 (32 hours over 6 weeks)

Required Textbook: (Sold Separately) Howley, Edward T. and Thompson, Dixie L. 2017. Fitness Professional's Handbook. 7th Edition. Publisher: Human Kinetics, Champaign, IL. The e-book costs \$74 and the cost for the hard cover version is \$99, plus \$15.95 for shipping, and must be purchased by the student. Amazon Prime also has a rent-a-book option set up.

Prerequisite: You must have a high school diploma/GED and be at least 18 years old.

HPE 729-81

\$800 (Senior Fee \$700)

9 a.m. – 4 p.m.*

Oct. 8 – Nov. 19

Saturdays

H 110

WITS Staff

No class on November 12 (study weekend). National Exam is November 19

*** 9 a.m. – Noon is virtual lecture done wherever you prefer**

*** 1 – 4 p.m. is practical (in person) labs on campus (room H 110)**



"Educational Excellence For Fitness Professionals"

Pilates Mat Class

Pilates focuses on engaging the mind and body together to create exercise that involves the whole person. Pilates strengthens the core, improves balance, increases coordination, and decreases stress. It is a low-impact, full-body workout appropriate for everyone at any fitness level. This mat class will be an all-level class taught based on the principles of Joseph Pilates, breath, concentration, centering, control, precision and flow. This class will build a foundation for someone that has never done Pilates and hone the mat exercises for the seasoned Pilates practitioner. The mat work is the heart and soul of a Pilates practice.

HPE 733-81

\$69 (senior fee \$34.50)

Thursdays Sept. 22 – Oct. 27

5:30 – 6:30 p.m. Z 275 Lewis

HPE 733-82

\$69 (senior fee \$34.50)

Thursdays Nov. 3 – Dec. 15

5:30 – 6:30 p.m. Z 275 Lewis

No class November 24



About the Instructor, Calie Lewis

Calie holds a Comprehensive Pilates Instructor Certification through Pilates Education Institute, trained under Master Pilates Instructor Brenda Freeman and a Balanced Body Certification in Movement Principles. As a teacher she strives to maintain the integrity of how Joseph Pilates taught the work he called Contrology. She teaches classical Pilates to real bodies and understands how it feels to not be in a mover's body, but want to be.

Mindful Movement Yoga

Yoga

Yoga is an ancient practice of mindfulness and connection. In an hour class, students will be led through various poses in a slow, dynamic way to cultivate more flexibility, strength and balance in their bodies. Breathing and meditation practices will also be incorporated to help calm the mind and release stress. Multiple levels will be shown in each class. Please inform your teacher of any ailments or limitations that you may have that would restrict your practice. Required materials: yoga mat, hand towel. Optional materials: yoga block.

YOGA 703-81

\$90 (Senior Fee \$45)

Wednesdays Sept. 28 – Nov. 2

5:30 – 6:30 p.m. Z 275 Whited

YOGA 703-82

\$90 (Senior Fee \$45)

Wednesdays Nov. 9 – Dec. 14

5:30 – 6:30 p.m. Z 275 Whited

Meditation

Meditation is a grounding practice that teaches us to move from a state of reactivity to receptivity. In this 30-minute seated practice, relaxation techniques such as deep breathing, visualization and progressive muscle relaxation will be used to activate a deep relaxation response. When practiced regularly, these activities lead to a reduction in your everyday stress levels and a boost in your feelings of joy and peace. Please bring a yoga mat, meditation cushion or yoga blanket to sit on.

YOGA 702-81

\$60 (Senior Fee \$30)

Wednesdays Sept. 28 – Nov. 2

6:30 – 7 p.m. Z 275 Whited

YOGA 702-82

\$60 (Senior Fee \$30)

Wednesdays Nov. 9 – Dec. 14

6:30 – 7 p.m. Z 275 Whited

Sign up for Yoga and Meditation and receive a \$20 discount.

YOGA 703-81A

\$130 (Senior Fee \$65)

Wednesdays Sept. 28 – Nov. 2

5:30 – 7 p.m. Z 275 Whited

YOGA 703-82A

\$130 (Senior Fee \$65)

Wednesdays Nov. 9 – Dec. 14

5:30 – 7 p.m. Z 275 Whited

About the Instructor, Malissa Whited

Malissa is the owner/lead teacher of Mindful Movement. Malissa stepped on her mat over 25 years ago. It has become a beautiful, guiding force in her life. Her practice is an eclectic fusion of breath work, flowing asana, mindfulness, anatomy and storytelling. Her classes are educational, created with a therapeutic focus, and breath-centered. She shows multiple levels in her classes to allow her students to manifest an optimal experience in their minds, bodies and hearts. Experience: Malissa Whited B.S., E-RYT 200 has been a therapeutic style Yoga instructor for over 20 years. She is also a manual medicine therapist under Dr. Keith R. Barbour, D.O., and a blue belt in Brazilian Jiu Jitsu under Todd Williams. She has taught Yoga trainings, retreats and workshops in the U.S. and Internationally.

