

## 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

\$71 (Senior Fee \$35.50)

Tues/Thurs Sept. 29 – Nov. 5

5 – 6 p.m. H 131 Goss

### HPE 711-82

\$71 (Senior Fee \$35.50)

Tues/Thurs Nov. 10 – Dec. 17

5 – 6 p.m. H 131 Goss

No class on November 26



## Dance2Fit with Carley

Please note that the following fall courses have been cancelled due to COVID restrictions. All sections are canceled at this time. When the State moves to Phase 5, we will be able to reconsider offering the courses again on campus.

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! Please bring a mat to class.

### HPE 769-81

\$32 (Senior Fee \$16)

Mondays Sept. 28 – Nov. 2

5:15 – 6:15 p.m. H 131 Stranyak

### HPE 769-82

\$32 (Senior Fee \$16)

Mondays Nov. 9 – Dec. 14

5:15 – 6:15 p.m. H 131 Stranyak

## PiYo

Please note that the following fall courses have been cancelled due to COVID restrictions. All sections are canceled at this time. When the State moves to Phase 5, we will be able to reconsider offering the courses again on campus.

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

\$32 (Senior Fee \$16)

Wednesdays Sept. 30 – Nov. 4

6:15 – 7:15 p.m. H 131 Calender

### HPE 770-82

\$32 (Senior Fee \$16)

Wednesdays Nov. 11 – Dec. 16

6:15 – 7:15 p.m. H 131 Calender

## Tae Kwon Do

Please note that the following fall courses have been cancelled due to COVID restrictions. All sections are canceled at this time. When the State moves to Phase 5, we will be able to reconsider offering the courses again on campus.

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 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 – Full Semester (no private lessons)

\$196 (Senior Fee \$104)

Tues/Thurs Aug. 27 – Dec. 3

6:30 – 7:45 p.m. H 131 Bergmooser

No class on November 26

HPE 712A-81 – classroom only

HPE 713-81A – classroom plus one private lesson

Tues/Thurs Aug. 27 – Sept. 17

6:30 – 7:45 p.m. H 131 Bergmooser

HPE 712B-81 – classroom only

HPE 713-81B – classroom plus one private lesson

Tues/Thurs Sept. 22 – Oct. 13

6:30 – 7:45 p.m. H 131 Bergmooser

HPE 712C-81 – classroom only

HPE 713-81C – classroom plus one private lesson

Tues/Thurs Oct. 15 – Nov. 5

6:30 – 7:45 p.m. H 131 Bergmooser

HPE 712D-81 – classroom only

HPE 713-81D – classroom plus one private lesson

Tues/Thurs Nov. 10 – Dec. 3

6:30 – 7:45 p.m. H 131 Bergmooser

No class on November 26



## CrossFit

CrossFit is a core strength and conditioning program that delivers a fitness that is broad, general and inclusive by design. Our specialty is not specializing. Elements of track and field, gymnastics, weightlifting and strongman are combined in short, intense daily workouts to maximize results for any individual. Never done weightlifting or a pull-up before? No worries. In our introductory foundation classes, you will learn proper technique for movements and exercises that make up a typical CrossFit workout. We will also discuss other important topics such as stretching, mobility and nutrition.

Classes meet monthly at Light the Fire CrossFit at 428 S. Monroe Street in Monroe.

Cost is \$115 per month. Discounted rates are available for students, military, law enforcement and couples that enroll together. **Call the Office of Lifelong Learning at 734.384.4127 to register.**

### Current Schedule of Classes

**Mon. - Thurs. 5 a.m., 6 a.m., 8:30 a.m., 4 p.m., 5 p.m., 7 p.m.**

**Fri. 5 a.m., 6 a.m., 8:30 a.m., 4 p.m., 5 p.m., 6 p.m.,**

**Sat. 9 a.m., 10 a.m. (open gym)**

*\*Hours subject to change.*



**For the safety of our community, class size may be reduced to allow for social distancing. Also, all**

**staff and students are required to wear PPE when on campus.**

## Fitness Instructor Online Training Courses with Word Instructor Training School (W.I.T.S)

To register for any of our online W.I.T.S courses, please call us at 734.384.4127. Once your enrollment is processed, we will connect you with W.I.T.S. to begin your online course!

### Gold Certified Personal Trainer Course (Online)

Turn your passion into a career. The W.I.T.S. online personal trainer course is a SELF-PACED program with short, impactful online videos with learning activities to be a successful personal trainer in the fitness industry. The lessons will help you with key core topics to learn how the body functions under the stresses of exercise. Learn exercise physiology, kinesiology, nutrition and more. The essential practical skills are packed with insightful mentored drills that you can duplicate to master the skill set. A bonus weekend is available to review these skills in-person on the 6th week. This course is loaded with practice quizzes, discussion boards and much more. We have included incredible veteran fitness mentors to help your successful outcome. Our supplemental internship programs walks you into some great job opportunities. Your test vouchers for the NCCA Accreditation national exams are included and a must for employers. CEUs: 3.2 (32 hours over 6 weeks)

**Special Note:** Successful completion of the course activities and online exam will get you a Certificate of Completion. Passing the national exams at your college will get you a Level 1 Certified Personal Trainer credential so you can work right away.

**Optional internship:** Following successful completion of your Level I Certification, you can choose to pursue Level II Certification by participating in a 30-hour internship at no additional cost. Proof of CPR/AED is required.

**Prerequisite:** You must have a high school diploma/GED and be at least 18 years old. Required textbook: Fitness Professional's Handbook, 7th Ed. (ISBN-13: 9781492523376). Approximate cost \$110 or \$70 for e-textbook. You may want to consider Amazon's book rental program.

\*This course is all online and video enhanced. Your teacher/mentors will grade your activities weekly. After week five, you can attend an in-person lab review for 6 hours to put all your knowledge into action. The 7th week is the national exam.

**HPE 729-41**

**\$739 (Senior Fee \$652)**

**Online class – meets on the following dates:**

**Saturdays Oct. 17 – Nov. 21**



### Senior Fitness Specialist Course (Online)

This certification class is for health and fitness professionals wanting to gain knowledge, training, and competency to assess fitness levels, design fitness programs and provide motivating exercise instruction for older adults. This course is a great addition to your knowledge base and allows you the opportunity to learn the proper exercise techniques, stretching, programming and safety needed for your older adult clients. The population of individuals 65 and older is increasing rapidly. This presents the personal trainer with multiple opportunities to work with clients as they age. However, it does require specialized knowledge and training, because chronic medical conditions will alter older adults' need for and response to exercise. CEUs: 2.0 (20 Hours over 5 weeks)

You can start your course at any time. You have six months, 24/7 access to complete the course. There is a built-in online exam to test for national certification. After successful completion, you'll receive a digital badge to share on social media.

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

**HPE 735-41**

**\$520 (Senior Fee \$459.50)**

**Online class – Open enrollment Sept. – Dec.**

**Please call the office at 734.384.4127 to register.**



## Lifestyle Wellness Coaching Course (Online)

This unique Lifestyle Wellness Coaching Certification course will show your client that providing specific insights into their individual wellness is just as vital to their long term success as creating an exercise program. Our Lifestyle Wellness Coaching course will enable you, as a trainer, to communicate, motivate, and support your client IN NEW, INNOVATIVE WAYS towards reaching their goals. This self-paced online-mentored class will help you develop the personal skills you need to lead your clients, while opening new revenue streams outside of just exercise training sessions! Your clients will achieve long-term fitness and lifestyle wellness goals for likely the first time ever. You will provide your clients with personal awareness techniques that will create new possibilities and help them overcome previous limitations. CEUs: 1.3 (13 hours over 4 weeks)

Lifestyle Wellness Coaching Certification includes 12 hours of video instruction, drills and testing. The W.I.T.S. video lessons will teach you the skills of successful coaching and allow you to practice and build confidence in your coaching relationships as a lifestyle wellness coach. This is the next level in your professional growth to build your personal business and increase your billable hours.

**HPE 773-41**

**\$520 (Senior Fee \$459.50)**

**Online class – Open enrollment Sept. – Dec.**

## Personal Training, Fitness Careers & Improving Your Workouts!

**Webinar – Wednesday, September 23, 6 – 7 p.m.**

Are you thinking about doing more for your workouts and/or becoming a fitness professional, like a Certified Personal Trainer? Meet a panel of great teachers, personal trainers and entrepreneurs in a special presentation while answering all of your questions!

Register at: <https://attendee.gotowebinar.com/register/4662459675162409229>

## Group Fitness Course (Online)

This online, self-paced mentored certification course will help you to develop skills for leading any group in an exciting safe routine. Lectures will cover the essentials of group exercise history, music, choreography, safety techniques, as well as basic applied science specifically relating to group strength, cardiovascular, muscular and flexibility. Practical labs will expand into skill development for functional training, sports conditioning, circuit, boot camp, dance, step, kickboxing and equipment-based class techniques. A mind body class overview in Yoga & Pilates will cap it off so you can incorporate this knowledge into sections of your classes. The national exams for the certification credential is included with this program. (32 Hours over 6 weeks) CEUs: 3.2

**Special Note:** Successful completion of the course activities and online exam will get you a Certificate of Completion. Passing the national exams at your college will get you a Level 1 Certified Personal Trainer credential.

**HPE 730-41**

**\$739 (Senior Fee \$652)**

**Online class – Open enrollment Sept. – Dec.**

## Fitness Management Certification (Online)

Do you own your own fitness studio or health club? Do you want to own your own fitness studio but do not know how to set it up to run effectively? Do you have staff that you want to climb the ladder to support your organization? We all need specific education and training to be effective and reach our ultimate potential. This course is the answer to move forward with a purpose. The Fitness Management Certification will offer formal training to lock in the key issues that make all facilities successful. CEUs: 3.6 (36 hour over 6 weeks).

**HPE 774-41**

**\$520 (Senior Fee \$459.50)**

**Online class – Open enrollment Sept. – Dec.**



**You can start your course at any time. You have six months, 24/7 access to complete the course. Prerequisite: You must have a high school diploma/GED and be at least 18 years old.**