



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. Rates vary based on membership package.

Call the Office of Lifelong Learning at 734.384.4127 to register.

For current schedule of classes visit Light the Fire Crossfit at www.lightthefirecrossfit.com



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.

WINTER SEMESTER

HPE 712A-81 – classroom only
HPE 713-81A – classroom plus one private lesson
 Tues/Thurs Aug. 31 – Sept. 21
 6:30 – 7:45 p.m. H 139 Bergmooser/Stasa

HPE 712C-81 – classroom only
HPE 713-81C – classroom plus one private lesson
 Tues/Thurs Oct. 19 – Nov. 9
 6:30 – 7:45 p.m. H 139 Bergmooser/Stasa

HPE 712B-81 – classroom only
HPE 713-81B – classroom plus one private lesson
 Tues/Thurs Sept. 23 – Oct. 14
 6:30 – 7:45 p.m. H 139 Bergmooser/Stasa

HPE 710-81 – classroom only
HPE 713-81D – classroom plus one private lesson
 Tues/Thurs Nov. 11 – Dec. 9
 6:30 – 7:45 p.m. H 139 Bergmooser/Stasa
 No class Nov. 16 & 25.



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

Hybrid Certified Personal Trainer Course

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 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 into 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 \$70 and the cost for the hard cover version is \$89, 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.*

Saturdays H 110

Oct. 16 – Dec. 4
WITS Staff



No class on November 20 and 27

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

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



Women's Health Fitness

This Women's Health Fitness class is taught by Katie Bacarella, a physical therapist who specializes in pregnancy and postpartum. The class is specifically designed for women in this demographic. About the class: Have you been told that peeing when you sneeze after having a baby is normal? Or that doing "x" and "y" will help you bounce back after having a baby? Do you have questions or concerns about diastasis or ab separation due to pregnancy? If so, this is a class for you.

Class is taught at Light the Fire Crossfit in Monroe.

Please call our office for more information.