



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 Feb. 2 – Mar. 18
5 – 6 p.m. H 131 Goss

No class on March 2 and 4



HPE 711-82

\$71 (Senior Fee \$35.50)

Tues/Thurs Mar. 23 – Apr. 29
5 – 6 p.m. H 131 Goss



HPE 711-83

\$71 (Senior Fee \$35.50)

Tues/Thurs May 4 – June 10
5:15 – 6:15 p.m. H 131 Goss



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 Feb. 2 – 25
6:30 – 7:45 p.m. H 131 Bergmooser/Stasa



HPE 712B-81 – classroom only

HPE 713-81B – classroom plus one private lesson

Tues/Thurs Mar. 9 – 30
6:30 – 7:45 p.m. H 131 Bergmooser/Stasa



HPE 712C-81 – classroom only

HPE 713-81C – classroom plus one private lesson

Tues/Thurs Apr. 1 – 22
6:30 – 7:45 p.m. H 131 Bergmooser/Stasa



SUMMER SEMESTER

HPE 712A-82 – classroom only

HPE 713-81A – classroom plus one private lesson

Tues/Thurs May 4 – 25
6:30 – 7:45 p.m. H 131 Bergmooser/Stasa



HPE 712B-82 – classroom only

HPE 713-81B – classroom plus one private lesson

Tues/Thurs May 27 – June 17
6:30 – 7:45 p.m. H 131 Bergmooser/Stasa



SPORTS / PHYSICAL FITNESS / MOTORCYCLE SAFETY

Motorcycle Safety

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 also riding safety.



Riding-Gear Checklist

- Driver License - If underage, bring your Level 1 Certificate.
- Helmet - Must be DOT-approved or SNELL-certified. Should fit properly and be in good condition.
- Boots - Ankle must be covered. Must have a hard sole. High-top tennis shoes and high heels are not permitted.
- Long-sleeved shirt or jacket – Must be long-sleeved, reaching your wrists in the riding position.
- Pants - Non-flare denim pants, or a material of equivalent or better durability. Pants must reach your boots while in the riding position.
- Full-fingered gloves - Should be fitted and not too bulky to allow for proper gripping. Leather is preferred, but not required.
- Eye protection - Required even with a face shield.
- Rain/Cold weather gear as needed - Riding does occur in inclement weather, so please be prepared with appropriate clothing.

Additional Requirements

- Attend all class sessions.
- Be on time for all class sessions.
- BRCu - Web Enhanced Classes Only: Must complete online eCourse prior to your class start date.
- BRC2u - For Experienced Riders & ARCu Classes Only: Each student must provide their own motorcycle.
- Sharing is not allowed. The cycle must be titled, properly registered and display a valid license plate.



Basic RiderCourse 2 - (BRC2u)

For Experienced Riders

This one-day course is designed for the experienced but unlicensed rider to become licensed and legal or for already-endorsed riders to refresh and improve their skills. This course is NOT designed for beginning riders. Students must demonstrate competency with basic operational skills and pass the Level 1 written test during the screening exercises in order to continue in the course. If it is determined that a rider needs additional skill development before proceeding, the rider will be referred to the Basic Rider Course (no refunds; no transfers).

Topics include: speed control, braking and stopping, counter steering, cornering, hazard avoidance and other techniques necessary for the experienced rider to operate a motorcycle skillfully and safely. Each student must provide their own motorcycle and riding gear. Sharing is not allowed. Scooters will be allowed in this course. The cycle must be titled, properly registered and display a valid license plate. You must also provide proof of insurance and the bike must pass a safety inspection. Successful completion allows a student to waive the Secretary of State written and riding skills tests. CEUs: .8

MOTCY 707-81 ☀

\$50 (Senior Fee \$25)

Saturday Jun. 19
8 a.m. – 6 p.m. Z 260 Staff



Basic RiderCourse - (BRCu)

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. CEUs: 1.8

Who Should Take The BRCu 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.

MOTCY 706-81 ☀

\$50 (Senior Fee \$25)

Fri/Sat/Sun Jul. 9 - 11 Z 260

MOTCY 706-82 ☀

\$50 (Senior Fee \$25)

Fri/Sat/Sun Jul. 16 - 18 Z 260

MOTCY 706-83 ☀

\$50 (Senior Fee \$25)

Fri/Sat/Sun Jul. 23 - 25 Z 260

All BRCu classes meet Friday from 6 - 10 p.m. and Saturday and Sunday from approximately 8 a.m. - 6 p.m.

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 in the sixth 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 seventh week is the national exam.

HPE 729-41

\$739 (Senior Fee \$652)



**Online class – meets on the following dates:
Saturdays May 8 – June 12**



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 February – August

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 February – August

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, and 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 and 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 February – August

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 February – August



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.