



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 Feb. 3 – 24

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. 8 – 29

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 Mar. 31 – Apr. 28

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





Club Cardio with Carly

Have fun while losing weight and getting toned! Club Cardio 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. Club Cardio is a judgment-free zone and is perfect for participants with no prior dance experience. Try something new and shake it to a healthier and happier you! Please bring a mat and water to class.

Club Cardio will meet at Spotlight Studio at 105 E. Front Street in downtown Monroe. Once you purchase your sessions with us, you will pick the timeframe and dates that works for you and simply show up!

Cost is \$30 per 6 class package
(Senior fee is \$15)

Classes meet as follows:
Wednesdays, 6 – 7 p.m.
Saturdays, 10 – 11 a.m.

HPE 769-41 Jan. 26 – Mar. 31 ❄️
HPE 769-42 Apr. 1 – May 31 ❄️
HPE 769-43 June 1 – Aug. 31 ☀️

Self Defense

This basic class will cover simple self-defense strategies 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 776-81 ❄️

\$20 (Senior fee is \$10)

Tuesday

February 1

Time

H 131

Bergmooser

COVID-19 NOTICE: Before attending class, please go to www.monroeccc.edu/coronavirus for the most up-to-date information on COVID-19 requirements at MCCC, including policies on masking. As of the publication of this schedule, facemasks are required in all campus facilities regardless of vaccination status.

Mindful Movement Yoga

Malissa Whited 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.



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 Mar. 16 – Apr. 20
5:30 – 6:30 p.m. Z 275 Whited

YOGA 703-82 ☀️

\$90 (Senior Fee \$45)

Wednesdays May 4 – Jun. 8
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 Mar. 16 – Apr. 20
6:30 – 7 p.m. Z 275 Whited

YOGA 702-82 ☀️

\$60 (Senior Fee \$30)

Wednesdays May 4 – Jun. 8
6:30 – 7 p.m. Z 275 Whited

**Sign up for Yoga and Meditation
and receive a \$20 discount. Call us to register.**

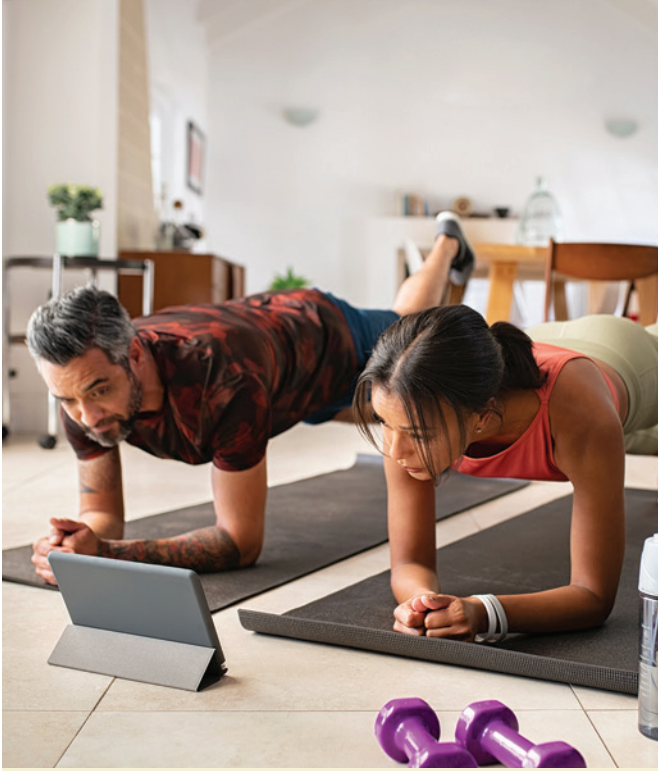
Women's Health Fitness

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.





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 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 \$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

Feb. 12 – Mar. 26

WITS Staff

No class on March 19

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

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



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 safely.



Riding Gear & Requirements

- **Face Covering:** This can be a neck gaiter, kerchief (bandana), surgical mask, or homemade cloth mask with materials from a T-shirt, sock, scarf, etc.
- **Driver's License:** Students under the age of 18 are allowed to provide a graduated driver's license if they are least 15 years old; however, a parent or legal guardian must accompany the student on the first day of class.
- **DOT-certified Helmet:** Must be in good condition and appropriately fitted. Full-faced, open-faced, half, modular, off-road, and dual-sport motorcycle helmets are acceptable examples.
- **Eye Protection:** Required even with a face shield. Goggles, eyeglasses, sunglasses, and safety glasses are acceptable examples.
- **Long-sleeved Jacket or Shirt:** Must be long-sleeved and cover your wrists in the riding position. Denim jackets, leather jackets, long-sleeved cotton shirts and long-sleeved jerseys are acceptable examples.
- **Full-finger Gloves:** Must be appropriately fitted to allow for proper gripping. Leather motorcycle gloves and textile mechanic gloves are acceptable examples.
- **Pants:** Must be a durable fabric and reach your boots while in the riding position. Leather motorcycle pants, textile pants, and denim pants are acceptable examples.
- **Boots:** Must cover the ankle and have a hard sole (high-top tennis shoes and high heels are not permitted). Carpenter boots, military boots, and work boots are acceptable examples.
- **Rain and Cold-weather Gear:** Riding occurs in inclement weather, so please be prepared with appropriate clothing.
- **Pen or Pencil:** Don't forget your writing utensil!

Additional Requirements

- **Age Requirements:** Students under the age of 18 are allowed to take the Basic RiderCourse or Basic RiderCourse 2 starting at age 15 if they have a graduated driver's license. A parent or legal guardian must accompany the student on the first day of class, and his or her signatures will be required for the course waiver.
- **Availability:** You must be available and on time for each scheduled session or you may be denied admission.

Continued on next page.

Basic RiderCourse (BRC) – Web Enhanced / For Beginning Riders

This course is designed for someone who has little or no experience operating a motorcycle, and it focuses on the development of basic riding skills: clutch and throttle coordination, straight-line riding, braking, turning, and shifting. **Training motorcycles are provided.** Privately owned motorcycles are **NOT** permitted. The course also provides a fast track to a motorcycle endorsement; successful completion results in a certificate that waives the written knowledge test and riding-skill test, which would otherwise be administered by the Secretary of State and a third-party testing agency, respectively.

Instruction consists of approximately 18 total hours – 3 hours of online preparation to be completed prior to your class start date, 5 hours of classroom instruction, and 10 hours of hands-on training. **Students need to be available, but not necessarily on-site, for all of Saturday and Sunday.** Students are placed into groups during classroom instruction on Friday; those in Group A will ride in the morning (8 a.m.-1 p.m.), and those in Group B

will ride in the afternoon (1 p.m.-6 p.m.). While we do our best to accommodate requests, please keep in mind that we cannot guarantee placement into either specified group. Please reserve any such discussions for your instructor on Friday.

Prerequisites: Ability to ride a bicycle; have a valid email address on file with the college. **NOTE: 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. If you have not received an email by this time, you must contact our office 734.384.4127.**

MOTCY 706-81 ☀
\$50 (Senior Fee \$25)
Fri/Sat/Sun July 8 – 10

MOTCY 706-82 ☀
\$50 (Senior Fee \$25)
Fri/Sat/Sun July 15-17

MOTCY 706-83 ☀
\$50 (Senior Fee \$25)
Fri/Sat/Sun July 29-31

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

Basic RiderCourse 2 (BRC2) / For Experienced Riders

This course is designed mainly for experienced but unendorsed motorcyclists; however, endorsed motorcyclists also use this course to refresh their skills. Topics include: braking, counter steering, turning, speed judgment, and other techniques necessary for the experienced rider to operate a motorcycle skillfully and safely. **Students must provide their own motorcycle.** Mopeds are welcome. Three-wheeled motorcycles are **NOT** permitted. Sharing is **NOT** permitted. The motorcycle must be titled, registered, and insured; and it must display a valid license plate. Students must provide proof of insurance, and the motorcycle must pass a safety inspection. The course also provides a fast track to a motorcycle endorsement; successful completion results in a certificate that waives the written knowledge test and riding-skill test, which would otherwise be administered by the Secretary of State and a third-party testing agency, respectively. **Prerequisites:** Prior motorcycling experience; ownership of a motorcycle that is titled, registered, and insured; and valid email address on file with the college.

MOTCY 707-81 ☀
\$50 (Senior Fee \$25)
Saturday May 21
8 a.m. – 6 p.m. Z 260

