

## 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.

Register for all sections (classroom only) offered this semester in advance and receive a \$15 discount. There are no discounts for sections with private lessons.

**HPE 712-81 – classroom only ❄️**  
**\$165 (Senior Fee \$84)**  
 Tues/Thurs Feb. 2 - Apr. 27  
 6:30 - 7:45 p.m. H 139 Bergmooser/  
 Stasa

No class on February 14, 28, March 2 and April 6

**HPE 712A-81 – classroom only ❄️**  
**HPE 713-81A – classroom plus one private lesson**  
 Tues/Thurs Feb. 2 - Mar. 7  
 6:30 - 7:45 p.m. H 139 Bergmooser/  
 Stasa

No class on February 14, 28 and March 2

**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 139 Bergmooser/  
 Stasa

**HPE 712C-81 – classroom only ❄️**  
**HPE 713-81C – classroom plus one private lesson**  
 Tues/Thurs Apr. 4 - 27  
 6:30 - 7:45 p.m. H 139 Bergmooser/  
 Stasa

No class on April 6



## Women's Self-defense Seminar

Geared specifically for women, this seminar will cover simple self-defense strategies designed 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 721-81 ❄️**  
**\$29 (Senior Fee \$14.50)**  
 Tuesday Jan. 31  
 6:30 - 8 p.m. H 139 Bergmooser



## 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 Feb. 2 – Mar. 9  
 5:30 - 6:30 p.m. Z 275 Lewis

**HPE 733-82 ❄️**  
**\$69 (senior fee \$34.50)**  
 Thursdays Mar. 16 – Apr. 20  
 5:30 - 6:30 p.m. Z 275 Lewis

**HPE 733-83 ❄️**  
**\$69 (senior fee \$34.50)**  
 Thursdays Apr. 27 – Jun. 1  
 5:30 - 6:30 p.m. Z 275 Lewis

**HPE 733-84 ❄️**  
**\$69 (senior fee \$34.50)**  
 Thursdays Jun. 8 – Jul. 13  
 5:30 - 6:30 p.m. Z 275 Lewis

## 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 Feb. 1 - Mar. 15**  
**5:30 - 6:30 p.m. Z 275 Whited**  
*No class Mar. 8*

**YOGA 703-82** ❄️  
**\$90 (Senior Fee \$45)**  
**Wednesdays Mar. 22 - Apr. 26**  
**5:30 - 6:30 p.m. Z 275 Whited**

**YOGA 703-83** ☀️  
**\$90 (Senior Fee \$45)**  
**Wednesdays May 3 - Jun. 7**  
**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 Feb. 1 - Mar. 15**  
**6:30 - 7 p.m. Z 275 Whited**  
*No class on Mar. 8*

**YOGA 702-82** ❄️  
**\$60 (Senior Fee \$30)**  
**Wednesdays Mar. 22 - Apr. 26**  
**6:30 - 7 p.m. Z 275 Whited**

**YOGA 702-83** ☀️  
**\$60 (Senior Fee \$30)**  
**Wednesdays May 3 - Jun. 7**  
**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 Feb. 1 - Mar. 15**  
**5:30 - 7 p.m. Z 275 Whited**  
*No class on Mar. 8*

**YOGA 703-82A** ❄️  
**\$130 (Senior Fee \$65)**  
**Wednesdays Mar. 22 - Apr. 26**  
**5:30 - 7 p.m. Z 275 Whited**

**YOGA 703-83A** ☀️  
**\$130 (Senior Fee \$65)**  
**Wednesdays May 3 - Jun. 7**  
**5:30 - 7 p.m. Z 275 Whited**



### 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.\* May 6 - Jun. 17**  
**Saturdays H 110 WITS Staff**

*No class on May 27 (study weekend). National Exam is June 17*

\* 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)





The Detroit Metro Motorcycle Safety Consortium offers comprehensive, hands-on motorcycle-safety education and training in a safe and comfortable environment. Our classes are taught by professional, certified instructors who have not only a passion for riding but riding safety. Our primary goal is to improve the safety of motorcyclists on our roads. Our motorcycle safety courses are conducted with earmarked state funds, funded by motorcyclists, and administered through a motorcycle safety grant from the Michigan Department of State.

### **Riding Gear & Supply Requirements**

Driver's License • DOT-certified helmet • long-sleeved jacket or shirt • heavy-duty long pants • eye protection (goggles or glasses) • full-fingered gloves • boots that cover the ankle and have a hard sole • rain gear • cold-weather gear • pen or pencil

### **Additional Requirements**

**Age:** Students under the age of 18 are allowed to take the BRC or BRC2 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.

### **Basic RiderCourse (BRC) – Web Enhanced ePackage 1**

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. Prerequisites include the ability to ride a bicycle and a valid email address on file with the college.

You must complete the MSF ePackage 1 eCourse (online component) and bring the certificate of completion to the first in-person 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.

The course also provides a fast track to 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 16 total hours – 5 hours of online preparation to be completed prior to your class start date and 11 hours of hands-on training, activities and evaluation. You will need to be available, but not necessarily on-site, for all of Saturday and Sunday.

**MOTCY 706-81** ☀️  
\$50 (Senior Fee \$25)

Fri 6 - 8 p.m. July 7 - 9  
Sat/Sun 8 a.m. - 8 p.m. Z 260

**MOTCY 706-82** ☀️  
\$50 (Senior Fee \$25)

Fri 6 - 8 p.m. July 14 - 16  
Sat/Sun 8 a.m. - 8 p.m. Z 260

**MOTCY 706-83** ☀️  
\$50 (Senior Fee \$25)

Fri 6 - 8 p.m. July 28 - 30  
Sat/Sun 8 a.m. - 8 p.m. Z 260

### **Basic RiderCourse 2 (BRC2u)**

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's determined 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 June 17  
8 a.m. - 6 p.m. Z 260