Dance and Exercise

To Register, Call 1-800-472-4554 or Register Online at morainepark.edu

Location:

Beaver Dam Campus
700 Gould Street
Beaver Dam, WI 53916-1994

Fond du Lac Campus
235 North National Avenue
PO Box 1940
Fond du Lac, WI 54936-1940

Hartford Regional Center
805 Cedar Street
Hartford, WI 53027

Ripon Regional Center
850 Tiger Drive
Ripon, WI 54971-0318

West Bend Campus
2151 North Main Street
West Bend, WI 53090-1598

For a complete listing of classes available please visit our website at www.morainepark.edu/classes.

Moraine Park Technical College does not discriminate on the basis of race, color, national origin, sex, disability or age in employment, admissions or its programs or activities. The following person has been designated to handle inquiries regarding the College’s nondiscrimination policies: Equal Opportunity Officer, Moraine Park Technical College, 235 North National Avenue, PO Box 1940, Fond du Lac, WI 54936-1940, 920-924-6469 or 920-924-3232.

807-615  Belly Dancing for Beginners
8 Hrs.- $44.40 (62 & over $34.30)
If you love to dance and have fun, if you want an exciting new way to express yourself, gain poise, improve body tone, strengthen your muscles, boost your self-esteem, and increase your metabolism all in a non-threatening, low impact, easy on the joints exercise, then celebrate life learning how to belly dance. Wear comfortable clothing. All ages and sizes welcome.
20175       BDC  T  6:30-7:30P  Olson  9/13-10/22

807-600  Beginning Yoga
6 Hrs.- $34.30 (62 & over $26.73)
Introduces students to all the essentials of yoga practice; breathing techniques, safe and relaxing yoga stretches, basic yoga postures, and guided relaxation techniques. Students should bring a yoga mat or blanket.
20783       FDL-SC  R  10:30-11:30A  McDowell  9/5-10/10
20784       FDL-SC  R  10:30-11:30A  McDowell  10/17-11/21
10-Hrs.- $54.50 (62 & over $41.88)
21162       FDL  T  12:30-1:30P  McDowell  9/17-11/19

Telephone Registration: To register, call one of the following numbers: 920-924-3207 Student Services Call Center; 1-800-472-4554 Any Other Location
Operator Hours: 7:30 a.m. - 7:00 p.m. — Monday through Thursday; 7:30 a.m. - 4:30 p.m. — Friday

Online Registration
Open your account to register for courses via myMPTC. Most Students are eligible to activate their account, but the following criteria has to be met:
You have to be a program student attending MPTC starting January 2007 or later OR You registered for a class that began August 26, 2008, or later. If you want to activate a new account and do not meet the above criteria, you will need to register in-person, by telephone or by mail.
Once your account is open, go to the Student tab and select Add/Drop Classes from Student Tools.
Payments are due at time of registration for all online, in person, phone and mail-in registrations. Pay at mymptc.morainepark.edu, Student tab, Student Tools, Make a Payment.
### Basic Self Defense

504-601  **Basic Self Defense**  
4 Hrs. - $24.20  (62 & over $19.15)  
Learn and practice basic defensive techniques including counter measures, use of OC spray, edged weapons defensive maneuvers and impact weapon defensive maneuvers.  

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### Pilates Mat Work

807-605  **Pilates Mat Work**  
4 Hrs. - $24.20 (62 & over $19.15)  
Pilates is a series of whole body exercises designed to build strength while developing balance and flexibility. Primarily, these exercises focus on the body's abdominal and back muscles and on spinal mobility. The majority of the exercises are done on one's back, promoting core strength in a supported position. Pilates is excellent for all levels of fitness and can be tailored to suit almost any physical limitation.  

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### Gentle Yoga: De-Stress/Renew

807-601  **Gentle Yoga: De-Stress/Renew**  
4 Hrs. - $24.20 (62 & over $19.15)  
A soothing experience that includes breathing and relaxation practices along with the gentle exploration of therapeutic stretches and poses. This practice supports the development of strength and flexibility, mental clarity, and inner calm. Appropriate for all levels, beginner to advanced. Participants bring a yoga mat, towel, and a water bottle.  

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