

Sports, Recreation & Fitness

Oct.-Dec. 2019

YOGA CLASSES



It's time to roll out your yoga mat and discover the combination of physical and mental exercises. Whether you are young or old, yoga has the power to calm the mind and strengthen the body. Don't be intimidated by yoga terminology, fancy yoga studios and complicated poses. Yoga is for everyone.

Wear comfortable clothing. Bring a thick towel or yoga mat to class unless noted below. Choose a location and class to fit your needs.

NEW! Flow Yoga

This is an intermediate class characterized by energetic movement through a series of poses. It will help you build strength and stamina while bringing harmony to your mind and spirit.

Oct. 3-31	Th	5:45-7 p.m.	\$35	Keyword: Yoga
Auburn, EOWL		Hayes	AREA-8591-NCFA	

Fundamentals of Yoga

Oct. 7-Nov. 25	M	4:45-5:45 p.m.	\$29	Keyword: Yoga
Auburn, EOWL		Hayes	AREA-8651-NCFA	

Yoga

Mats provided.

Oct. 7-Nov. 4	M	5:30-6:15 p.m.	\$35	Keyword: Yoga
NE City, AWC, Group X		Barr	AREA-8419-NCFC	
Oct. 9-Nov. 6	W	6-6:45 p.m.	\$35	
NE City, AWC, Group X		McNeely	AREA-8419-NCFD	
Nov. 11-Dec. 9	M	5:30-6:15 p.m.	\$35	
NE City, AWC, Group X		Barr	AREA-8419-NCFE	
Nov. 13-Dec. 11	W	6-6:45 p.m.	\$35	
NE City, AWC, Group X		McNeely	AREA-8419-NCFF	

Bounce

"Bounce" is a high cardio mini trampoline rebounding class set to fun, fast-paced music with an average of 128 bpm. Expect a vigorous cardiovascular workout that flies by because it is so fun! This class is best suited to experienced exercisers.

Dress in appropriate attire: loose comfortable clothes suitable for movement.

Keyword: Bounce

Oct. 2-30	W	5:30-6:15 p.m.	\$35
Auburn, EOWL		Hayes	AREA-8491-NCFA

NEW! Hustle for the Muscle

This is a short 30 minutes of strength, toning and abs. So get your hustle on.

Dress in appropriate attire: loose comfortable clothes suitable for movement.

Keyword: Muscle

Oct. 7-Nov. 6	M, W	6-6:30 p.m.	\$29
Syracuse, FITP		Engelbrecht	AREA-8560-NCFA

Fit & Strong

An energizing mix of cardio and strength training for individuals looking to enhance their fitness levels. The 45-minute class will include 30 minutes of low-impact cardio and finish with 15 minutes of full body strength training.

Dress in appropriate attire: loose comfortable clothes suitable for movement.

Keyword: Fit

Oct. 7-Nov. 6	M, W	8:15-9 a.m.	\$49
Syracuse, FITP		Engelbrecht	AREA-8629-NCFA

BodyPump

BodyPump involves eight separate muscle groups through a series of squats, presses, dead lifts, etc. with the focus on muscle endurance using several repetitions. The classes are set to music using free weights, barbells and an aerobic step.

Participants choose their weights based on personal goals. Dress in appropriate attire: loose, comfortable clothing and comfortable shoes.

Keyword: BodyPump

Oct. 7-Nov. 4	M	6:15-7:15 p.m.	\$49
NE City, AWC, Group X		Sammons	AREA-8721-NCFB
Nov. 11-Dec. 9	M	6:15-7:15 p.m.	\$49
NE City, AWC, Group X		Sammons	AREA-8721-NCFC

Location Key

Auburn, EOWL Earth & Owl Yoga, 1900 O St.
 NE City, NCLC Learning Center at Nebraska City, 819 Central Ave.
 Syracuse, FITP Fitness Plus, 940 12 St.

Check out all classes offered at www.southeast.edu/NebraskaCityLC
 Find us on Facebook at www.facebook.com/SCCLearningCenteratNebraskaCity

For more information, contact **Cindy Meyer** at 800-828-0072, ext. 3636, or cmeyer@southeast.edu

Cancellation/Refund Policy: You must call the Continuing Education office at 402-437-2700 or 800-828-0072 the day before the class begins to receive a 100% refund. If you call the day of the class or after it has started, no refund will be issued. If a class is cancelled or student drops (according to the refund policy), refunds will be issued to the student, unless a third party has been formally billed by SCC Business Office. **ADA Reasonable Accommodations:** SCC provides services and reasonable accommodations to allow persons with disabilities to participate in educational programs and other College activities. For information on requesting ADA reasonable accommodations, contact the SCC Area Access/Equity/Diversity Office.

Zumba® Active

Active aging adults who are looking for a modified Zumba® class recreating the original moves at a lower intensity. The energizing music will get you moving toward a healthier, active lifestyle. Because you will move your whole body, the dance steps will help circulate your blood better through your entire body and raise your heart rate. This class is so much fun and very easy to follow.

Bring to class: Water bottle and hand towel. Dress in appropriate attire: loose, comfortable clothing and comfortable shoes. Dance shoes not required. NOTE: Sec. NCFB: No class Nov. 28.

Keyword: Zumba

Oct. 10-Nov. 7	Th	9:45-10:30 a.m.	\$29
NE City, AWC, Group X		Wetrosky	AREA-6311-NCFA
Nov. 14-Dec. 19	Th	9:45-10:30 a.m.	\$29
NE City, AWC, Group X		Wetrosky	AREA-6311-NCFB

Water Aerobics

Why exercise in water? Water offers more resistance than air, allowing for a terrific cardiovascular workout, enhancing flexibility, strengthening and toning.

Swimming suits are required, while water shoes are recommended. NOTE: Sec. NCFB: No class Nov. 28.

Keyword: Water

Oct. 8-Nov. 7	T, Th	6-7 a.m.	\$49
NE City, AWC, Pool		Osovski	AREA-8717-NCFA
Nov. 12-Dec. 12	T, Th	6-7 a.m.	\$49
NE City, AWC, Pool		Osovski	AREA-8717-NCFB

Stretch & Flex

Enjoy a morning workout and improve your health. This Active Aging class will include stretching, cardio and the proper use of free weights. You will experience improved flexibility while seeing positive changes in your body.

Dress in appropriate attire: loose, comfortable clothing and comfortable shoes.

Keyword: Stretch

Oct. 11-Nov. 8	F	9:45-10:30 a.m.	\$29
NE City, AWC, Group X		Carlson	AREA-8415-NCFA
Nov. 15-Dec. 13	F	9:45-10:30 a.m.	\$29
NE City, AWC, Group X		Carlson	AREA-8415-NCFB

Beginning Women's Primal Self Defense

This basic level course, taught by 88 Tactical, offers a good starting point for women, 12 years old or older. Students will learn situational awareness and practice conflict de-escalation. This course primarily addresses how to deal with verbal confrontations, but students also learn some basic moves to defend themselves against a physical attack.

Students get the chance to use full-force techniques against a staff instructor donning specially designed protective gear.

This class is geared towards women, but anyone is encouraged to attend.

Keyword: Defense

Oct. 16	W	5:30-9:30 p.m.	\$89
NE City, NCLC, 104		88 Tactical	AREA-8501-NCFA

Location Key

NE City, NCLC Learning Center at Nebraska City, 819 Central Ave.

FREE TRAINING

For information on financial assistance options, visit www.southeast.edu/cefnassist



www.ed2go.com/scne

BROWSE COURSES IN

Accounting and Finance
Business
College Readiness
Computer Applications
Design and Composition
Health Care and Medical

Language and Arts
Law and Legal
Personal Development
Teaching and Education
Technology
Writing and Publishing



<http://bit.ly/SCC-UGotClass>

BROWSE CERTIFICATES & COURSES IN

Business
Business Communication
Health
Human Resources
Leadership
LEED Green Workplace
Management

New Media Marketing
Personal Development
Social Media for Business
Technology Skills
Training and Education
Training for K12 Teachers

Check out all classes offered at www.southeast.edu/NebraskaCityLC
 Find us on Facebook at www.facebook.com/SCCLearningCenteratNebraskaCity

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REGISTER ONLINE

You must have an email account to register online.

- Go to <http://bit.ly/RegisterCE>
- Search for your class** by entering a **key word** in the title or the **course number**. Click **Submit**. (Enter information in only one field for broader results.)
Key Word Example: *Driver*
Course Number Example: *TRAN-3398*
- Select the course** for which you wish to register. Click **Submit**.
- Enter your **personal information, certify your identification** and click **Submit**.
* You must provide your Social Security Number.
- Optional:** Enter your **Additional Registration Information** and click **Submit**.

- If you want to register for additional classes, select **Search for more classes** under "Choose one of the following." If you are finished selecting the class(es) for which you want to register, select **Register now (check out)**. Select your **Payment Type**. Click **Submit**.
- Enter your **payment information**. Click **Submit**.

You will see your **class acknowledgement** with information about your **SCC Student ID Number, SCC User ID** and **password**. You also will receive an email with this same information for your records.

In the future it will be easy to register by logging in using your SCC User ID and password and it will not be necessary to provide your Social Security number again.

If you have problems getting registered, please call 402-437-2700 or 800-828-0072 for assistance.

* The College requires a student's Social Security number as a condition for enrollment online. A student's Social Security number information constitutes an "educational record" under FERPA.

OR REGISTER BY MAIL, FAX OR IN PERSON



Registration Form - Non-Credit Course

Today's Date

Complete this form with payment information and send via mail to Southeast Community College, Continuing Education, 301 S. 68th St. Place, Lincoln, NE 68510 OR FAX to 402-437-2703

PLEASE PRINT

The College requests, but does not require, a student provide their Social Security number during the admissions process. Visit www.southeast.edu/collegecatalog for additional information.

Social Security Number OR SCC Student ID Number		Birth Date	Name: Last		First	Middle Initial
Residence Mailing Address			City	State	Zip	County #
Email Address			Cell Phone	<input type="checkbox"/> Home <input type="checkbox"/> Business Phone		
I identify as: <input type="checkbox"/> Male <input type="checkbox"/> Female	<input type="checkbox"/> Nebraska Resident <input type="checkbox"/> Non-Resident	Ethnicity (select one): <input type="checkbox"/> Hispanic or Latino		<input type="checkbox"/> Not Hispanic or Latino	Race (Select one or more): <input type="checkbox"/> White <input type="checkbox"/> Asian <input type="checkbox"/> Native Hawaiian/Other Pacific Islander <input type="checkbox"/> American Indian/Alaska Native <input type="checkbox"/> Black/African-American	

COURSE NUMBER	TITLE	START DATE	COST
-	-	-	\$
-	-	-	\$
-	-	-	\$
-	-	-	\$

SIGNATURE

Check Cash Mastercard AMEX Discover VISA V Code _____

Name as it appears on card: _____

Exp. Date _____ CC # _____

Billing agency (INCLUDE LETTER OF AUTHORIZATION ON COMPANY LETTERHEAD)

For the protection of your personal credit card information, do not email this form to SCC. If faxing, only use the fax number listed or verify with SCC before using another SCC fax number.

Would you like a receipt mailed to you?
 Yes No

SCC Staff Tuition Waiver ()

TOTAL DUE

FOR OFFICE USE ONLY

ID# _____

DE _____

Submission of this form indicates that I understand: 1) that my registration is complete and that I am accountable for the tuition and fees and subject to a grade in the courses listed; 2) that should I officially drop, cancel, or withdraw, any refund in tuition will be determined by the date I submit my request to Continuing Education; 3) that failure to attend a course does not constitute an official drop/withdrawal; 4) the personal information contained herein is correct as shown; and 5) any changes in SSN, legal name, address, residency, etc. must follow the College procedures in the Student Handbook and College Catalog. It is the policy of SCC to provide equal opportunity and nondiscrimination in all admission, attendance, and employment matters to all persons without regard to race, color, religion, sex, age, marital status, national origin, ethnicity, veteran status, sexual orientation, disability, or other factors prohibited by law or College policy. Inquiries concerning the application of SCC's policies on equal opportunity and nondiscrimination should be directed to the Vice President for Access/Equity/Diversity, SCC Area Office, 301 S. 68th St. Place, Lincoln, NE 68510, or jsoto@southeast.edu.

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www.southeast.edu/continuing

