**Sports, Recreation & Fitness**

**Winter 2020**

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**Muscle Wake Up: Toning & Core**

Are you ready to enlist? These 45-minute classes include cardio with muscle toning and exercises to challenge your strength and endurance while burning lots of calories. Core stability is included, along with a cool down/stretch to end this dynamic workout.

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

| Jan. 7-Feb. 6 | T, Th | 5:45-6:30 a.m. | $49 | NE City, AWC, Group X | AREA-8628-NCSA |

| **Keyword: Muscle** |

**BodyPump**

BodyPump involves eight separate muscle groups through a series of squats, presses, dead lifts, etc. The focus is 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.

| Jan. 13-Feb. 10 | M | 6:15-7:15 p.m. | $49 | NE City, AWC, Group X | AREA-8721-NCSA |
| Feb. 17-March 16 | M | 6:15-7:15 p.m. | $49 | NE City, AWC, Group X | AREA-8721-NCSB |

| **Keyword: BodyPump** |

**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.

| Jan. 14-Feb. 13 | T, Th | 5:30-6:30 a.m. | $49 | NE City, AWC, Pool | AREA-8717-NCSA |
| Feb. 18-March 19 | T, Th | 6:15 a.m. | $49 | NE City, AWC, Pool | AREA-8717-NCSB |

| **Keyword: Water** |

**Senior 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 to your body.

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

| Jan. 10-Feb. 7 | F | 9:45-10:30 a.m. | $29 | NE City, AWC, Group X | AREA-8415-NCSA |
| Feb. 14-March 13 | F | 9:45-10:30 a.m. | $29 | NE City, AWC, Group X | AREA-8415-NCSB |

| **Keyword: Stretch** |

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**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. Choose a location and class to fit your needs.

**Yoga**

Mats provided.

| Jan. 13-Feb. 10 | M | 5:30-6:15 p.m. | $35 | NE City, AWC, Group X | AREA-8419-NCSA |
| Jan. 15-Feb. 12 | W | 6-6:45 p.m. | $35 | NE City, AWC, Group X | AREA-8419-NCSB |
| Feb. 17-March 16 | M | 5:30-6:15 p.m. | $35 | NE City, AWC, Group X | AREA-8419-NCSA |
| Feb. 19-March 18 | W | 6-6:45 p.m. | $35 | NE City, AWC, Group X | AREA-8419-NCSA |

| **Keyword: Yoga** |

**Yoga & Pilates**

All experience levels welcome.

| Jan. 7-Feb. 4 | T | 6:30-7:30 p.m. | $35 | Syracuse, FITP | AREA-8554-NCSA |

| **Keyword: Yoga** |

**Fundamentals of Yoga**

NOTE: No class Jan. 20.

| Jan. 6-Feb. 24 | M | 4:45-5:45 p.m. | $69 | Auburn, EOWL | AREA-8651-NCSA |

| **Keyword: Yoga** |

**Flow Yoga**

An Intermediate class using energetic movement.

| Jan. 9-Feb. 6 | Th | 5:45-6:45 p.m. | $35 | Auburn, EOWL | AREA-8454-NCSA |
| Jan. 12-Feb. 9 | U | 6-7 p.m. | $35 | Syracuse, FITP | AREA-8454-NCSA |

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

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**Location Key**

Auburn, EOWL.................................................. Earth & Owl Yoga, 1900 O St.
NE City, AWC.................................................. Ambassador Wellness Center, 1240 N. 19th
Syracuse, FITP.................................................. Fitness Plus, 940 12 St.

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Check out all classes offered at [www.southeast.edu/NebraskaCityLC](http://www.southeast.edu/NebraskaCityLC)

Find us on Facebook at [www.facebook.com/SCCLearningCenteratNebraskaCity](http://www.facebook.com/SCCLearningCenteratNebraskaCity)

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Cancellation/Refund Policy: You must call the Continuing Education office at 402-437-3700 or 800-638-0072 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.
You must have an email account to register online.

2. 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**
3. **Select the course** for which you wish to register. Click Submit.
4. Enter your **personal information**, **certify your identification** and click Submit.
   * You must provide your Social Security Number.
5. **Optional**: Enter your **Additional Registration Information** and click Submit.

*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.*

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**OR REGISTER BY MAIL, FAX OR IN PERSON**

**Registration Form - Non-Credit Course**

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

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
Name: Last, First, Middle Initial
Residence Mailing Address
City, State, Zip, County #
Email Address
Cell Phone

**Race (Select one or more):**
- White
- African-American
- Hispanic or Latino
- Not Hispanic or Latino
- Native Hawaiian or Other Pacific Islander
- American Indian or Alaska Native
- Asian
- Black or African-American
- Middle Eastern
- Native American
- Other

**Ethnicity (select one):**
- American Indian/Alaska Native
- Black or African-American
- Hispanic or Latino
- Other

**Residency:**
- Nebraska Resident
- Non-Resident
- Non-Resident

**Today’s Date**

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**COURSE NUMBER**
**TITLE**
**START DATE**
**COST**

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**SIGNATURE**

- Check
- Cash
- Mastercard
- AMEX
- Discover
- VISA
- V Code ________

**Name as it appears on card:**

**Exp. Date:**

**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**

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**TOTAL DUE**

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Southeast Community College
Continuing Education

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www.southeast.edu/continuing