

Sports, Recreation & Fitness

Winter 2020

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.

Keyword: Muscle

Jan. 7-Feb. 6	T, Th	5:45-6:30 a.m.	\$49
Syracuse, FITP		Rumery	AREA-8628-NCSA

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.

Keyword: BodyPump

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

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.

Keyword: Water

Jan. 14-Feb. 13	T, Th	5:30-6:30 a.m.	\$49
NE City, AWC, Pool		Osovski	AREA-8717-NCSA
Feb. 18-March 19	T, Th	6-7 a.m.	\$49
NE City, AWC, Pool		Osovski	AREA-8717-NCSB

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.

Keyword: Stretch

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

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.

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.

Keyword: Yoga

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

Yoga & Pilates

All experience levels welcome.

Keyword: Yoga

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

Fundamentals of Yoga

NOTE: No class Jan. 20.

Keyword: Yoga

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

Flow Yoga

An Intermediate class using energetic movement.

Keyword: Yoga

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

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

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

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.



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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