Sports, Recreation & Fitness
Spring 2020

Zumba Active
This class is for 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.

<table>
<thead>
<tr>
<th>Duration</th>
<th>Location</th>
<th>Time</th>
<th>Instructor</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apr 16-May 14</td>
<td>NE City, AWC</td>
<td>9:45-10:30 a.m.</td>
<td>Wetrosky</td>
<td>$29</td>
</tr>
<tr>
<td>May 21-June 18</td>
<td>NE City, AWC</td>
<td>9:45-10:30 a.m.</td>
<td>Wetrosky</td>
<td>$29</td>
</tr>
</tbody>
</table>

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.

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<tbody>
<tr>
<td>Apr 13-May 11</td>
<td>NE City, AWC</td>
<td>6:15-7:15 p.m.</td>
<td>Sammons</td>
<td>$49</td>
</tr>
<tr>
<td>May 18-June 15</td>
<td>NE City, AWC</td>
<td>6:15-7:15 p.m.</td>
<td>Sammons</td>
<td>$49</td>
</tr>
</tbody>
</table>

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.

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<tbody>
<tr>
<td>Apr 17-May 15</td>
<td>NE City, AWC</td>
<td>9:45-10:30 a.m.</td>
<td>Carlson</td>
<td>$29</td>
</tr>
<tr>
<td>May 22-June 19</td>
<td>NE City, AWC</td>
<td>9:45-10:30 a.m.</td>
<td>Carlson</td>
<td>$29</td>
</tr>
</tbody>
</table>

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.

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</thead>
<tbody>
<tr>
<td>Apr 14-May 14</td>
<td>NE City, AWC, Pool</td>
<td>5:30-6:30 a.m.</td>
<td>Osofsky</td>
<td>$49</td>
</tr>
<tr>
<td>May 19-June 18</td>
<td>NE City, AWC, Pool</td>
<td>5:30-6:30 a.m.</td>
<td>Osofsky</td>
<td>$49</td>
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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.

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<tr>
<td>Apr 13-May 11</td>
<td>NE City, AWC</td>
<td>5:30-6:15 p.m.</td>
<td>Barr</td>
<td>$35</td>
</tr>
<tr>
<td>Apr 15-May 13</td>
<td>NE City, AWC</td>
<td>6-6:45 p.m.</td>
<td>McNeely</td>
<td>$35</td>
</tr>
<tr>
<td>May 18-June 15</td>
<td>NE City, AWC</td>
<td>5:30-6:15 p.m.</td>
<td>Barr</td>
<td>$35</td>
</tr>
<tr>
<td>May 20-June 17</td>
<td>NE City, AWC</td>
<td>6-6:45 p.m.</td>
<td>McNeely</td>
<td>$35</td>
</tr>
</tbody>
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Yoga & Pilates
All experience levels welcome.

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<tbody>
<tr>
<td>Apr 14-May 12</td>
<td>Syracuse, FITP</td>
<td>6:30-7:30 p.m.</td>
<td>Wellenske</td>
<td>$35</td>
</tr>
<tr>
<td>Apr 19-May 24</td>
<td>Syracuse, FITP</td>
<td>6-7 p.m.</td>
<td>Wardyn</td>
<td>$39</td>
</tr>
</tbody>
</table>

Flow Yoga
An Intermediate class using energetic movement.

NOTE: No class May 10.

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Location Key
NE City, AWC..........................Ambassador Wellness Center, 1240 N. 19th
Syracuse, FITP..........................Fitness Plus, 940 12 St.

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 402-437-3700 or 800-628-9072 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.

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.

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  
Birth Date  
First Name  
Middle Initial  
State  
County #  
City  
Residence Mailing Address  
Email Address  
Cell Phone  
Ethnicity (select one):  
Hispanic or Latino  
Not Hispanic or Latino

I identify as:  
Male  
Female  
Nebraska Resident  
Non-Resident

COURSE NUMBER  
TITLE  
START DATE  
COST

Facebook  
Twitter  
Instagram  
LinkedIn  
Email

Would you like a receipt mailed to you?  
Yes  
No

TOTAL DUE

SCC Staff Tuition Waiver

Today's Date

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Registration Form - Non-Credit Course

Social Security Number OR SCC Student ID Number  
First Name  
Middle Initial  
State  
City  
Residence Mailing Address  
Email Address  
Cell Phone  
Ethnicity (select one):  
Hispanic or Latino  
Not Hispanic or Latino

I identify as:  
Male  
Female  
Nebraska Resident  
Non-Resident

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