Zumba
The Latin inspired easy-to-follow, calorie burning, feel-it-to-the-core FITNESS PARTY™. Get into shape without knowing it! It’s a FIESTA!
NOTE: Sec. PLSA: No class May 25.

<table>
<thead>
<tr>
<th>Date</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 13-22</td>
<td>M</td>
<td>9-9:55 a.m.</td>
<td>Hauenstein</td>
<td>$59</td>
</tr>
<tr>
<td>April 15-17</td>
<td>W</td>
<td>9-9:55 a.m.</td>
<td>Hauenstein</td>
<td>$59</td>
</tr>
</tbody>
</table>

Zumba Express
Want to try Zumba, but don’t have an hour? Try our half-hour class.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 17-19</td>
<td>8:25-8:55 a.m.</td>
<td>Hauenstein</td>
<td>$29</td>
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</tbody>
</table>

Fit for Senior Living
Energize with others while you enhance your stretching, cardio and core muscles. Strength and flexibility are key in this twelve-week session. Best price for your workout!
Bring a towel and your tennis shoes.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 1-22</td>
<td>9:30-10:30 a.m.</td>
<td>Scanlan</td>
<td>$65</td>
</tr>
</tbody>
</table>

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. Chose a location and class to fit your needs.

<table>
<thead>
<tr>
<th>Date</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 7-5</td>
<td>T</td>
<td>8:30-9:30 a.m.</td>
<td>Brannan</td>
<td>$35</td>
</tr>
<tr>
<td>April 9-7</td>
<td>Th</td>
<td>8:30-9:30 a.m.</td>
<td>Brannan</td>
<td>$35</td>
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<tr>
<td>April 9-7</td>
<td>Th</td>
<td>7:10-8 p.m.</td>
<td>Brees</td>
<td>$35</td>
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<td>May 12-9</td>
<td>T</td>
<td>8:30-9:30 a.m.</td>
<td>Brannan</td>
<td>$35</td>
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<tr>
<td>May 14-11</td>
<td>Th</td>
<td>8:30-9:30 a.m.</td>
<td>Brannan</td>
<td>$35</td>
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<tr>
<td>May 21-18</td>
<td>Th</td>
<td>7:10-8 p.m.</td>
<td>Brees</td>
<td>$35</td>
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</tbody>
</table>

Location Key
Plattsmouth, PCC .................Plattsmouth Community Center, 308 S. 18th Plattsmouth, PLAH..................Plattsmouth High School, 1916 Hwy 34 Plattsmouth, PLLC..................Learning Center at Plattsmouth, 537 Main St. Plattsmouth, SER ..........Serenity Yoga & Wellness, 546 Avenue A, Suite 5

For more information, contact Lyn Belitz at 800-828-0072, ext. 2298, or lbelitz@southeast.edu

Cancellation/Refund Policy: You must call the Continuing Education office at 402-427-2705 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.

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

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

For more information, contact Lyn Belitz at 800-828-0072, ext. 2298, or lbelitz@southeast.edu

https://www.ed2go.com/sccne
**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.*

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

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/studenthandbook](http://www.southeast.edu/studenthandbook) for additional information.

**Social Security Number OR SCC Student ID Number**

**Birth Date**

**Name: Last**

**Middle Initial**

**State**

**Zip**

**City**

**Residence Mailing Address**

**Email Address**

**Cell Phone**

**Ethnicity** (select one):
- Hispanic or Latino
- Not Hispanic or Latino

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

**Course Number**

**Title**

**Start Date**

**Cost**

**TOTAL DUE**

**Payment Type**

**SCC Staff Tuition Waiver**

**FOR OFFICE USE ONLY**

**Today's Date**

**1.** Check

**Cash**

**Mastercard**

**AMEX**

**Discover**

**VISA**

**V Code**

**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.

**Signature**

Would you like a receipt mailed to you?
- Yes
- No

**TOTAL DUE**

**SCC Staff Tuition Waiver**

Submitted by this form indicates that I understand: 1) that my registration is complete and that I am accountable for the tuition and fees subject to a grade in the courses listed; 2) that I officially drop, cancel, or withdraw, any refund in tuition will be determined by the date I submit written notification to the college registration office; 3) that I authorize and agree to have the college disclose financial information to my employer if required; 4) that I agree to pay any fines or penalties charged to my SCC account; 5) that I have reviewed the SCC Catalog for details regarding withdrawal, refund, and medical disqualification policies; 6) that I agree to make all payments and am responsible for all charges for which I am accountable; 7) that I agree to pay any out of pocket expenses for classes in which I am enrolled; 8) that I have reviewed 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. Requests concerning the application of ECC'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.