### 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.

- **Gentle Yoga**
  - Chair, standing or mat positions.
  - **Keyword: Yoga**
  - Oct. 19-Nov. 16
  - M 4:30-5 p.m.
  - Beatrice, FLOW
  - Schroller
  - $19

- **Yoga & Pilates**
  - All experience levels welcome.
  - **Keyword: Yoga**
  - Oct. 19-Nov. 16
  - M 5:30-6:30 p.m.
  - Beatrice, JAC, Conf. Rm
  - Schroller
  - $35

- **Fundamentals of Yoga**
  - Registration deadline Oct. 2.
  - **Keyword: Yoga**
  - Oct. 6-Nov. 24
  - T 7-8 p.m.
  - LIVE Online, Zoom
  - Whittle
  - $69

- **NEW! Anywhere Yoga Using a Chair**
  - Discover how to stay active, healthy and alert—using just a chair! If you are a desk sitter most of the day, or have arthritis/conditions that hinder you from everyday movement? This is the class for you! You will learn different stretches and strengthening poses—all from a chair. Staying active, healthy and alert will be the goal of this class. Join us via ZOOM from anywhere!
  - **Keyword: Chair**
  - Oct. 8-Dec. 3
  - Th 7-8 p.m.
  - LIVE Online, Zoom
  - Whittle
  - $69

- **NEW! Start Your Day Right: Morning Workout**
  - I am going to get up and workout in the morning. Who has had this conversation before but struggled to do it? Jump in for this eight-session class to beat down these barriers. Get motivational tips and encouragement while you wake your body up with this morning workout in the comfort of your home. Start the day off right, just like you.
  - **Keyword: Workout**
  - Oct. 6-29
  - T, Th 5-5:30 a.m.
  - LIVE Online, Zoom
  - Swanson
  - AREA-8506-TCFA
  - $49

- **NEW! Strength Training FUNdamentals: Strengthen & Tone**
  - No matter your age or athletic ability, strength training is the key to flexibility and mobility. Anyone at any fitness level can strength train and it doesn’t have to take hours in a gym. Join us for the FUNdamentals of strength training and discover the most effective strength training moves suitable for home- or gym-based workouts.
  - **Keyword: Strength**
  - Oct. 24
  - S 9-11 a.m.
  - LIVE Online, Zoom
  - Stutzman
  - LLLX-2260-TCFB
  - $29

- **NEW! Strength Training FUNdamentals: Tone & Eat Right**
  - Help boost your strength training moves with nutrition principles that help affect your metabolism and weight loss. Don’t have any strength training moves? We do! See how some new moves and knowledge of what you eat is key to strength training benefits.
  - **Keyword: Strength**
  - Oct. 22
  - Th 9-11 a.m.
  - LIVE Online, Zoom
  - Stutzman
  - LLLX-2260-TCFB
  - $29

### Location Key

- Beatrice, FLOW.......................... Flowing Springs, 2211 Sunset Drive
- Beatrice, JAC....................... Southeast Community College, Beatrice Campus
- Jackson Hall, 4771 W. Scott Road

For more information, contact us at 800-828-0072 or continuinged@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.

Check out all classes offered at www.southeast.edu/BeatriceCE

Find us on Facebook® at www.facebook.com/scbeatricece
**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**

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

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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 __/____/____ ☐ 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.

**Today's Date**

___/___/____

Would you like a receipt mailed to you? ☐ Yes ☐ No ☐ SCC Staff Tuition Waiver

TOTAL DUE

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**FOR OFFICE USE ONLY**

ID# __________________

DE

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Signature of individual responsible for student’s Social Security number: ______________________

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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 this form; 3) that the information contained herein is correct as stated, and that any changes in S/S, legal name, address, residence, 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 admissions, 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 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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301 S. 68th St. Place, Lincoln, NE 68510
402-437-2700 • 800-828-0072 • FAX 402-437-2703
www.southeast.edu/continuing