Effective No-Equipment Exercises
Have you wanted to exercise but felt like you needed special gym equipment or equipment at home to do so? Let us introduce you to exercises that do not require equipment and explore different variations of exercise so you can find what works best for your time and lifestyle.

**Keyword: Exercises**

<table>
<thead>
<tr>
<th>Oct. 3-31</th>
<th>S 9-10 a.m.</th>
<th>Waters</th>
<th>AREA-8533-WHFA</th>
<th>$39</th>
</tr>
</thead>
</table>

**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**

<table>
<thead>
<tr>
<th>Oct. 6-29</th>
<th>T, Th 5-5:30 a.m.</th>
<th>Swanson</th>
<th>AREA-8506-TCFA</th>
<th>$49</th>
</tr>
</thead>
</table>

**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**

<table>
<thead>
<tr>
<th>Oct. 24</th>
<th>S 9-11 a.m.</th>
<th>Stutzman</th>
<th>LLLX-2260-TCFB</th>
<th>$29</th>
</tr>
</thead>
</table>

**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**

<table>
<thead>
<tr>
<th>Oct. 22</th>
<th>Th 9-11 a.m.</th>
<th>Stutzman</th>
<th>LLLX-2261-TCFB</th>
<th>$29</th>
</tr>
</thead>
</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.

**Fundamentals of Yoga**
Registration deadline Oct. 2.

**Keyword: Yoga**

<table>
<thead>
<tr>
<th>Oct. 6-Nov. 24</th>
<th>T, Th 7-8 p.m.</th>
<th>Whittle</th>
<th>LLLX-1701-TCFA</th>
<th>$69</th>
</tr>
</thead>
</table>

**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**

<table>
<thead>
<tr>
<th>Oct. 8-Dec. 3</th>
<th>Th 7-8 p.m.</th>
<th>Whittle</th>
<th>LLLX-1695-TCFA</th>
<th>$69</th>
</tr>
</thead>
</table>

**Location Key**
Wahoo, WHLC............... Learning Center at Wahoo, 536 N. Broadway St.
What is Your Element?
Are you a wood, fire, water, earth, or metal? The Chinese medicine elements are phases or qualities in the natural cycle of things. When you discover your primary element, you will learn more about your strengths and what to do about potential weaknesses. Discover some energy medicine exercises to help you create balance in body and mind.

<table>
<thead>
<tr>
<th>Key: Element</th>
<th>Dec 2</th>
<th>W</th>
<th>6-8 p.m.</th>
<th>LLLX-2013-TCFA</th>
<th>$29</th>
</tr>
</thead>
</table>

Intro to Energy Medicine
What is your energy body? Discover the principles of how energy moves in the body to create harmony and balance. Learn easy de-stressing and energizing tips in this hands-on class. Discover how you can affect your own energy with simple techniques you can use daily for optimum health and vitality. Find out how to energize yourself in less than a minute with personalized self-care applications. Participate in demonstrations of how these systems affect our whole being: body, mind and emotions.

<table>
<thead>
<tr>
<th>Key: Energy</th>
<th>Oct 7</th>
<th>W</th>
<th>6-8 p.m.</th>
<th>LLLX-0867-TCFA</th>
<th>$29</th>
</tr>
</thead>
</table>

For more information, contact Diana Kerwin-Kubr at 800-828-0072, ext. 5581, or dkerwin-kubr@southeast.edu

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For your convenience, we are offering LIVE Online learning opportunities. These classes are delivered live via Zoom. They are not prerecorded videos. This allows you, the student, to participate from the comfort of your home. Look for the LIVE Online logo shown to the left to find these classes. As our learning environment changes, we look forward to offering additional classes live online. Have an idea for a class that could be offered live online? Please submit your idea at https://bit.ly/scceonlinecourses.
You must have an email account to register online.


2. **Search for your class** by entering either 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**.

6. 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**.

7. 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. A student's Social Security number information constitutes an "educational record" under FERPA.