

Mind & Body

Fall 2020



Spinning/Indoor Cycling

This is a fast-paced high-intensity calorie-burning workout. Build endurance and strength.

Bring a water bottle and appropriate attire. Equipment provided.

Keyword: Cycling

Oct. 6-Nov. 12 NE City, AWC, BSMT	T, Th Stukenholtz	5:30-6 p.m. AREA-8592-NCFA	\$39
Oct. 13-Dec. 8 NE City, AWC, BSMT	T Barr	12:10-12:50 p.m. AREA-8592-NCFB	\$39
Nov. 17-Dec. 24 NE City, AWC, BSMT	T, Th Stukenholtz	5:30-6 p.m. AREA-8592-NCFC	\$39

Fitness Boot Camp

This intense workout is for all levels, no matter where you are in your fitness journey.

Keyword: Boot Camp

Oct. 8-Dec. 10 NE City, AWC, Group X	Th Barr	5:30-6:30 a.m. AREA-8725-NCFA	\$59
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Straps Workout

Incorporating Suspension Training Straps, this body-weight workout develops strength, balance, flexibility and core stability. Any fitness level can participate in this workout.

Keyword: Straps

Oct. 13-Dec. 17 NE City, AWC, BSMT	T, Th Stukenholtz	6-6:30 p.m. AREA-8728-NCFA	\$59
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Zumba®

This high-energy class uses Latin-inspired dance steps to work your core and burn calories.

Dress in appropriate attire: loose, comfortable clothing and comfortable shoes. Dance shoes not required.

Keyword: Zumba

Oct. 12-Dec. 14 NE City, AWC, Group X	M Farmer	6:15-7:15 p.m. AREA-8715-NCFA	\$59
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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 through your entire body and raise your heart rate. This class is 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.

Keyword: Zumba

Oct. 16-Nov. 13 NE City, AWC, Group X	F Wetrosky	9:45-10:30 a.m. AREA-6311-NCFC	\$35
Nov. 20-Dec. 18 NE City, AWC, Group X	F Wetrosky	9:45-10:30 a.m. AREA-6311-NCFB	\$35

RIP (formerly BodyPump)

RIP 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: RIP

Oct. 14-Nov. 13 NE City, AWC, Group X	W, F Stukenholtz/Sammons	5:30-6:30 p.m. AREA-8727-NCFA	\$59
Nov. 18-Dec. 18 NE City, AWC, Group X	W, F Stukenholtz/Sammons	5:30-6:30 p.m. AREA-8727-NCFB	\$59

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

Oct. 12-Nov. 9 NE City, AWC, Group X	M Carlson	9:45-10:30 a.m. AREA-8415-NCFA	\$29
Nov. 16-Dec. 14 NE City, AWC, Group X	M Carlson	9:45-10:30 a.m. AREA-8415-NCFB	\$29

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

Oct. 12-Nov. 11 NE City, AWC, Pool	M, W Madden	8:30-9:30 a.m. AREA-8717-NCFA	\$59
Nov. 16-Dec. 16 NE City, AWC, Pool	M, W Madden	8:30-9:30 a.m. AREA-8717-NCFB	\$59

Location Key

NE City, AWC..... Ambassador Wellness Center, 1240 N. 19th

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

NEW! Cardio Circuit

Combine continuous cardio with full-body strength training. This workout will burn serious calories and tone you up!

Wear comfortable clothing, suitable for working out.

Keyword: Cardio

Oct. 12-Nov. 2 NE City, AWC, Group X	M, W, F DeBuhr	8:30-9:30 a.m. AREA-8726-NCFB	\$59
Nov. 4-25 NE City, AWC, Group X	M, W, F DeBuhr	8:30-9:30 a.m. AREA-8726-NCFC	\$59

Morning Mix-Up

Need a kick to wake up in the morning? This is a total-body workout consisting of strength stations, HIIT, cycling, yoga, suspension training and more.

Dress in appropriate attire: loose, comfortable clothing and comfortable shoes.

Keyword: Mix-Up

Oct. 12-Nov. 2 NE City, AWC, Group X	M, W, F Barr/DeFreece	5:30-6:30 a.m. AREA-8722-NCFB	\$59
Nov. 4-25 NE City, AWC, Group X	M, W, F Barr/DeFreece	5:30-6:30 a.m. AREA-8722-NCFC	\$59

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 LIVE Online, Zoom	T, Th Swanson	5-5:30 a.m. AREA-8506-TCFA	\$49
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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 LIVE Online, Zoom	S Stutzman	9-11 a.m. LLLX-2260-TCFB	\$29
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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 LIVE Online, Zoom	Th Stutzman	9-11 a.m. LLLX-2261-TCFB	\$29
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Location Key

NE City, AWC..... Ambassador Wellness Center, 1240 N. 19th



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/sccceonlinecourses>.

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

Oct. 8-Nov. 12 NE City, AWC, Group X	Th Barr	12:10-12:55 p.m. AREA-8419-NCFA	\$35
Oct. 12-Nov. 9 NE City, AWC, Group X	M Barr	5:30-6:15 p.m. AREA-8419-NCFB	\$35
Oct. 14-Nov. 11 NE City, AWC, Group X	W Barr	6-6:45 p.m. AREA-8419-NCFC	\$35
Nov. 16-Dec. 14 NE City, AWC, Group X	M Barr	5:30-6:15 p.m. AREA-8419-NCFD	\$35
Nov. 18-Dec. 16 NE City, AWC, Group X	W Barr	6-6:45 p.m. AREA-8419-NCFF	\$35
Nov. 19-Dec. 17 NE City, AWC, Group X	Th Barr	12:10-12:55 p.m. AREA-8419-NCFE	\$35

Chair Yoga

Learn modified yoga poses seated in a chair.

Keyword: Yoga

Oct. 13-Nov. 10 NE City, AWC, Group X	T Carlson	9:45-10:30 a.m. AREA-8418-NCFA	\$35
Nov. 17-Dec. 15 NE City, AWC, Group X	T Carlson	9:45-10:30 a.m. AREA-8418-NCFB	\$35



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!

NOTE: No class Nov. 26.

Keyword: Chair

Oct. 8-Dec. 3 LIVE Online, Zoom	Th Whittle	7-8 p.m. LLLX-1695-TCFA	\$69
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Fundamentals of Yoga

Registration deadline Oct. 2.

Keyword: Yoga

Oct. 6-Nov. 24 LIVE Online, Zoom	T Whittle	7-8 p.m. LLLX-1701-TCFA	\$69
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For more information, contact **Cindy Meyer** at 800-828-0072, ext. 3636, or cmeyer@southeast.edu

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.



Keyword: Element

Dec. 2 W 6-8 p.m. \$29
LIVE Online, Zoom Williams LLLX-2013-TCFA

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.



Keyword: Energy

Oct. 7 W 6-8 p.m. \$29
LIVE Online, Zoom Williams LLLX-0867-TCFA

LIVE Online 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.

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



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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.



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.

Register Online for SCC Continuing Education Classes

You must have an email account to register online.

1. Go to <http://bit.ly/RegisterCE>.
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.



301 S. 68th St. Place, Lincoln, NE 68510
402-437-2700 • 800-828-0072 • FAX 402-437-2703
www.southeast.edu/continuing

* 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.