

Mind & Body

Winter 2021

Conflict Shocks & Your Health

What if the conflict shocks we experience in life are contributing to symptoms we experience? What if our symptoms are actually signs of our body's natural healing process? We will discuss how conflict shocks, encountered by our psyche, and initiate programs in the body to support us through the conflict and healing process. Learn a new way of looking at symptoms and gain a new level of understanding.



Keyword: Health
\$24

Jan. 25 M 6:30-8 p.m.
LIVE Online, Zoom Weichel BBBX-1249-TCSA

Intro to Energy Testing

Discover how to communicate with the body's energies in ITS Language Energy Testing. Learn the background of Applied Kinesiology and concepts that form the foundation for this useful skill set and how to apply it to make choices for foods, vitamins and other substances. Leave with the skills to utilize this in your daily life to make choices directed by the wisdom of your body's subtle energies.



Keyword: Energy
\$29

Jan. 11 M 7-9 p.m.
LIVE Online, Zoom Weishahn BBBX-1261-TCSA

Energy Medicine for Immune Health

The health of our energy body and the health of our physical body is intricately connected. Keeping your energy body systems strong and resilient is the basis for a healthy body and robust immune system. You will discover techniques from ancient world healing traditions including Chinese Medicine, the Energy Meridian System and more. Learn energy self-care techniques to use preventatively and when symptoms let you know the body requires your attention.



Keyword: Energy
\$59

Jan. 13-27 W 6:30-7:30 p.m.
LIVE Online, Zoom Williams LLLX-2249-TCSA

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
\$59

Jan. 11-Feb. 10 M, W 8:30-9:30 a.m.
NE City, AWC, Pool Madden AREA-8717-NCSA
Feb. 15-March 24 M, W 8:30-9:30 a.m.
NE City, AWC, Pool Madden AREA-8717-NCSB

NEW! Barre Workout

Barre is a form of exercise in which classical ballet movements and positions are combined with those from yoga and Pilates.

Barre classes focus on small, pulsing movements with emphasis on form, alignment and core engagement. Wear comfortable clothing, suitable for working out.

Keyword: Barre

Jan. 14-March 18 Th 5:30-6:30 p.m.
NE City, AWC, Group X Rayhel AREA-8729-NCSA

\$59



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.

Wear comfortable clothing, suitable for working out.

Keyword: Straps

Jan. 12-March 18 T, Th 6-6:30 p.m.
NE City, AWC, BSMT Stukenholtz AREA-8728-NCSA

\$59

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

Jan. 11-Feb. 1 M, W, F 8:30-9:30 a.m.
NE City, AWC, Group X DeBuhr AREA-8726-NCSA
Feb. 3-24 M, W, F 8:30-9:30 a.m.
NE City, AWC, Group X DeBuhr AREA-8726-NCSB

\$59

\$59



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>.

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

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.

Wear comfortable clothing, suitable for working out.

Keyword: Mix-Up

Jan. 11-Feb. 1 NE City, AWC, Group X	M, W, F DeFreece/Essary/Sammons	5:30-6:30 a.m.	\$59 AREA-8722-NCSA
Feb. 3-24 NE City, AWC, Group X	M, W, F DeFreece/Essary/Sammons	5:30-6:30 a.m.	\$59 AREA-8722-NCSB

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. Wear comfortable clothing, suitable for working out. Dance shoes not required.

Keyword: Zumba

Jan. 14-Feb. 11 NE City, AWC, Group X	Th Wetrosky	9:45-10:30 a.m.	\$35 AREA-6311-NCSA
Feb. 18-March 18 NE City, AWC, Group X	Th Wetrosky	9:45-10:30 a.m.	\$35 AREA-6311-NCSB

Zumba®

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

Wear comfortable clothing, suitable for working out. Dance shoes not required.

Keyword: Zumba

Jan. 11-March 15 NE City, AWC, Group X	M Farmer	6:15-7:15 p.m.	\$59 AREA-8715-NCSA
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Fitness Boot Camp

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

Wear comfortable clothing, suitable for working out.

Keyword: Boot Camp

Jan. 14-March 18 NE City, AWC, Group X	Th Barr	5:30-6:30 a.m.	\$59 AREA-8725-NCSA
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Spinning/Indoor Cycling

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

Bring a water bottle. Wear comfortable clothing, suitable for working out. Equipment provided.

Keyword: Cycling

Jan. 12-March 9 NE City, AWC, BSMT	T Barr	12:10-12:50 p.m.	\$39 AREA-8592-NCSA
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Location Key

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



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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.

Keyword: Yoga

Jan. 14-Feb. 11 NE City, AWC, Group X	Th Barr	12:10-12:55 p.m.	\$35 AREA-8419-NCSA
Jan. 18-Feb. 15 NE City, AWC, Group X	M Barr	5:30-6:15 p.m.	\$35 AREA-8419-NCSB
Feb. 18-March 18 NE City, AWC, Group X	Th Barr	12:10-12:55 p.m.	\$35 AREA-8419-NCSC
Feb. 22-March 22 NE City, AWC, Group X	M Barr	5:30-6:15 p.m.	\$35 AREA-8419-NCSD

Chair Yoga

Learn modified yoga poses seated in a chair.

Keyword: Yoga

Jan. 12-Feb. 9 NE City, AWC, Group X	T Carlson	9:45-10:30 a.m.	\$35 AREA-8418-NCSA
Feb. 16-March 16 NE City, AWC, Group X	T Carlson	9:45-10:30 a.m.	\$35 AREA-8418-NCSB

Gentle Yoga

Chair, standing or mat positions.

Keyword: Yoga



Jan. 25-Feb. 22 LIVE Online, Zoom	M Schroller	4:30-5 p.m.	\$19 BBBX-1538-TCSA
March 8-April 5 LIVE Online, Zoom	M Schroller	4:30-5 p.m.	\$19 BBBX-1538-TCSB

Yoga & Pilates

All experience levels welcome.

Keyword: Yoga



Jan. 25-Feb. 22 LIVE Online, Zoom	M Schroller	5:30-6:30 p.m.	\$35 BBBX-1537-TCSA
March 8-April 5 LIVE Online, Zoom	M Schroller	5:30-6:30 p.m.	\$35 BBBX-1537-TCSB

Fundamentals of Yoga

Basic posture and breathing.

Keyword: Yoga



Jan. 19-March 9 LIVE Online, Zoom	T Whittle	7-8 p.m.	\$69 LLLX-1701-TCSA
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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: Yoga



Jan. 21-March 11 LIVE Online, Zoom	Th Whittle	7-8 p.m.	\$69 LLLX-1695-TCSA
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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. Wear comfortable clothing, suitable for working out.

Keyword: RIP

Jan. 13-Feb. 12 NE City, AWC, Group X	W, F Stukenholtz	5:30-6:30 p.m. AREA-8727-NCSA	\$59
Feb. 17-March 19 NE City, AWC, Group X	W, F Stukenholtz	5:30-6:30 p.m. AREA-8727-NCSB	\$59

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

Jan. 23 LIVE Online, Zoom	S Stutzman	9-10 a.m. LLLX-2260-TCSA	\$29
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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

Feb. 6 LIVE Online, Zoom	S Stutzman	9-10 a.m. LLLX-2261-TCSA	\$29
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NEW! Personal & Professional Refocus

With many stressors competing for our time, life can seem overwhelming. In the buzz of work, family, physical distancing, protecting our health, and caring for others, we can lose our center. Mindfulness is not just meditation or yoga, it is a way of being in the world. In this workshop, learn about and practice modern-day mindfulness by exploring a grounding technique, best practices and everyday applications. Come away with a clearer directive for the days that lie ahead.



Keyword: Refocus

Jan. 26-Feb. 9 LIVE Online, Zoom Registration Deadline: Jan. 22	T Post	10-11:30 a.m. BSAD-3033-TCSA	\$99
March 25-April 8 LIVE Online, Zoom Registration Deadline: March 23	Th Post	10-11:30 a.m. BSAD-3033-TCSB	\$99

NEW! Let's Do Lunch: Exploring Apps (Health & Wellness)

Focus on exploring applications on your smartphone/tablet focusing on getting healthy and promoting wellness.



Falls City Chamber Members: Email Amber, Falls City Chamber Director, at DirectorCCMS@sentco.net and take this class at a reduced cost.

Keyword: Exploring

Jan. 13 LIVE Online, Zoom	W	Noon-1 p.m. AREA-6665-TCSA	\$10
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www.ed2go.com/scce

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<http://bit.ly/SCC-UGotClass>

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REGISTER ONLINE

You must have an email account to register online.

- Go to <http://bit.ly/RegisterCE>
- 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*
- Select the course** for which you wish to register. Click **Submit**.
- Enter your **personal information, certify your identification** and click **Submit**.
* You must provide your Social Security Number.
- Optional:** Enter your **Additional Registration Information** and click **Submit**.

- 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**.
- 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 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

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.

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