

## Sport, Recreation & Fitness

Winter 2021



### 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.    | \$59            |
| NE City, AWC, BSMT | Stukenholtz | AREA-8728-NCSA |                 |

### 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 |
|--------------------|--------|----------------|----------------|
| Jan. 11-Feb. 10    | M, W   | 8:30-9:30 a.m. | \$59           |
| NE City, AWC, Pool | Madden | AREA-8717-NCSA |                |
| Feb. 15-March 24   | M, W   | 8:30-9:30 a.m. | \$59           |
| 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. | \$59           |
| NE City, AWC, Group X | Rayhel | AREA-8729-NCSA |                |

### 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. | \$59            |
| NE City, AWC, Group X | DeBuhr  | AREA-8726-NCSA |                 |
| Feb. 3-24             | M, W, F | 8:30-9:30 a.m. | \$59            |
| NE City, AWC, Group X | DeBuhr  | AREA-8726-NCSB |                 |

### 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        | M, W, F                 | 5:30-6:30 a.m. | \$59            |
| NE City, AWC, Group X | DeFreece/Essary/Sammons | AREA-8722-NCSA |                 |
| Feb. 3-24             | M, W, F                 | 5:30-6:30 a.m. | \$59            |
| NE City, AWC, Group X | DeFreece/Essary/Sammons | 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       | Th       | 9:45-10:30 a.m. | \$35           |
| NE City, AWC, Group X | Wetrosky | AREA-6311-NCSA  |                |
| Feb. 18-March 18      | Th       | 9:45-10:30 a.m. | \$35           |
| NE City, AWC, Group X | Wetrosky | 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      | M      | 6:15-7:15 p.m. | \$59           |
| NE City, AWC, Group X | Farmer | AREA-8715-NCSA |                |

### 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      | Th   | 5:30-6:30 a.m. | \$59               |
| NE City, AWC, Group X | Barr | AREA-8725-NCSA |                    |

### 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    | T    | 12:10-12:50 p.m. | \$39             |
| NE City, AWC, BSMT | Barr | AREA-8592-NCSA   |                  |

### Location Key

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

## 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.

### Yoga

Mats provided.

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

### Chair Yoga

Learn modified yoga poses seated in a chair.

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

### Gentle Yoga

Chair, standing or mat positions.

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



### Yoga & Pilates

All experience levels welcome.

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

### Fundamentals of Yoga

Basic posture and breathing.

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

### 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  | Th      | 7-8 p.m.       | \$69 |
| LIVE Online, Zoom | Whittle | LLLX-1695-TCSA |      |

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

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

### 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            | S        | 9-10 a.m.         | \$29 |
| LIVE Online, Zoom | Stutzman | LLLX-2261-TCSA    |      |

### 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/scceonlinecourses>.

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



# 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](http://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<br><input type="checkbox"/> Non-Resident | Ethnicity (select one):<br><input type="checkbox"/> Hispanic or Latino |            | <input type="checkbox"/> Not Hispanic or Latino                       | Race (Select one or more):<br><input type="checkbox"/> White <input type="checkbox"/> Asian<br><input type="checkbox"/> Native Hawaiian/Other Pacific Islander <input type="checkbox"/> American Indian/Alaska Native<br><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](mailto:jsoto@southeast.edu).

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[www.southeast.edu/continuing](http://www.southeast.edu/continuing)

