Yoga & Wellness, 546 Ave. A, Suite 5

Future Fundamentals of strength training and discover the most effective
strength training moves? We do! See how some new moves and
timber to flex and mobility. Anyone at any fitness level can
enhance your stretching, cardio and core muscles. Strength and
Exercise is an essential part of life. Energize with others while you
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.

**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 & Pilates**

All experience levels welcome.

**Keyword: Yoga**

Jan. 25-Feb. 22  
M Schrollier  
5:30-6:30 p.m.  
BBB-1537-TCSA  
$35

March 8-April 5  
M Schrollier  
5:30-6:30 p.m.  
BBB-1537-TCSA  
$35

**Fundamentals of Yoga**

Basic posture and breathing.

**Keyword: Yoga**

Jan. 19-March 9  
T Whittle  
7-8 p.m.  
LLXX-1701-TCSA  
$69

**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, 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 Whittle  
7-8 p.m.  
LLXX-1695-TCSA  
$69

**Fit for Senior Living**

Exercise is an essential part of life. Energize with others while you
enhance your stretching, cardio and core muscles. Strength and
flexibility are key in this 12-week session. Best price for your workout!

Bring a towel and your tennis shoes.

**Keyword: Fit**

Jan. 6-March 31  
M, W, F Scanlan  
9:30-10:30 a.m.  
BBB-1538-TCSA  
$65

**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 Stutzman  
9-10 a.m.  
LLXX-2261-TCSA  
$29

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.


For more information, contact Lyn Belitz at 800-828-0072, ext. 2298, or lbelitz@southeast.edu

Cancellation/Refund Policy: You must call the Continuing Education office at 402-477-7000 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.


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.*

## 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 requires, 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.

### Course Details

- **Social Security Number OR SCC Student ID Number**
- **Birth Date**
- **Name: Last**
- **First**
- **Middle Initial**
- **State**
- **Zip**
- **County #**
- **Email Address**
- **Cell Phone**
- **Residence Mailing Address**
- **City**
- **Ethnicity (select one):**
  - Hispanic or Latino
  - Not Hispanic or Latino
- **Race (Select one or more):**
  - White
  - Asian
  - American Indian/Alaska Native
  - Native Hawaiian/Other Pacific Islander
  - Black/African-American
- **Email Address**
- **Business Phone**
- **Driver’s License Number**

### Payment Information

- **Payment Type**
  - Check
  - Cash
  - Mastercard
  - AMEX
  - Discover
  - VISA
  - **V Code**
- **Today's Date**
- **COURSE NUMBER**
- **TITLE**
- **START DATE**
- **COST**

### Signature

- **Name as appears on card:**
- **Exp. Date:**
- **Billng 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.

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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