NEW! Cardio Boxing Class
Cardio Boxing offers a high intensity, cardiovascular workout that combines basic boxing techniques and dynamic conditioning exercises. It is similar to Cardio Kickboxing, but without the kicks. Help build stamina, improve flexibility and burn calories as you build lean muscle.

No equipment needed. Need to wear comfortable clothes and supportive shoes.

Keyword: Cardio
May 1-June 12
S 9-9:45 a.m.
$25
LIVE Online, Zoom Waters
No class May 29
AREA-8523-TC5A

Body Sculpting: Butts & Guts
Join our special focus class just for your lower body! This workout routine is designed to help shape and tone belly and buttocks muscles, along with increasing lower body strength, burning fat and building lean muscle. You will learn how to utilize proper form to avoid injury and gain results.

Students should wear workout attire (comfortable pants/shirt/tennis shoes) and bring water and a towel (optional.)

Keyword: Sculpting
June 1-22
T 6-7 p.m.
$31
LIVE Online, Zoom Waters
AREA-8505-TCS5A

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.

Gentle Yoga
Chair, standing or mat positions.

Keyword: Yoga
April 19-May 17
M 4:30-5 p.m.
$19
Beatrice, FLOW Schroller BBBX-1538-BESA

Yoga & Pilates
All experience levels welcome.

Keyword: Yoga
April 19-May 17
M 5:30-6:30 p.m.
$35
Beatrice, JAC, Conf. Rm Schroller BBBX-1537-BESA

Location Key
Beatrice, FLOW......................... Flowing Springs, 2211 Sunset Drive
Beatrice, JAC...................... Southeast Community College, Beatrice Campus
Jackson Hall, 4771 W. Scott Road

For more information, contact us at 800-828-0072 or continuinged@southeast.edu

Check out all classes offered at www.southeast.edu/BeatriceCE
Find us on Facebook® at www.facebook.com/sccbeatricece

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.

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.
**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**, **verify 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.*

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**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 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.

<table>
<thead>
<tr>
<th>Social Security Number OR SCC Student ID Number</th>
<th>Birth Date</th>
<th>Name: Last Name</th>
<th>First</th>
<th>Middle Initial</th>
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**Residence Mailing Address**:  
City | State | Zip | County |
-------|-------|-----|--------|
|       |       |     |        |

**Email Address**:  
Cell Phone | Home | Business Phone |
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|             |      |                |

**I identify as**:  
- Male  
- Female  
- Nebraska Resident  
- Non-Resident  
- Hispanic or Latino  
- Not Hispanic or Latino  
- White  
- Asian  
- Native Hawaiian/Other Pacific Islander  
- American Indian/Alaska Native  
- Black/African-American  
- Other/Race/Not Hispanic/Latino Single | Multiple | Select one or more: |

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**SIGNATURE**

- Check [ ] Cash [ ] MasterCard [ ] American Express [ ] 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.

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**Today's Date**

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**Would you like a receipt mailed to you?**

- Yes [ ]  
- No [ ]

**SCC Staff Tuition Waiver**

ID# __________________

**TOTAL DUE**

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