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
May 17-June 16  M, W  8:30-9:30 a.m.  NE City, AWC, Pool  Madden  AREA-8777-NCSD  $59

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 ballet movements with emphasis on form, alignment and core engagement. Wear comfortable clothing, suitable for working out.

Keyword: Barre
April 15-June 17  Th  5:30-6:30 p.m.  NE City, AWC, Group X  Rayhel  AREA-8729-NCSB  $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
May 5-26  M, W, F  8:30-9:30 a.m.  NE City, AWC, Group X  DeBuhr  AREA-8726-NCSD  $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.

Wear comfortable clothing, suitable for working out.

Keyword: Mix-Up
May 5-26  M, W, F  8:30-9:30 a.m.  NE City, AWC, Group X  DeFreece/Essary/Sammons  AREA-8722-NCSD  $59

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: Camp
April 15-June 17  Th  5:30-6:30 a.m.  NE City, AWC, Group X  Barr  AREA-8725-NCSD  $59

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.

Keyword: Yoga
April 14-May 12  NE City, AWC, Group X  W McNeely  6-6:45 p.m.  AREA-8419-NCSF $35
April 15-May 13  NE City, AWC, Group X  Th Barr  12:10-12:55 p.m.  AREA-8419-NCSG $35
May 17-June 14  NE City, AWC, Group X  M Barr  5:30-6:15 p.m.  AREA-8419-NCSH $35
May 18-June 15  Plattsmonth, SER  T  8:30-9:30 a.m.  Brannan  AREA-8419-PLSG $35
May 19-June 16  NE City, AWC, Group X  W McNeely  6-6:45 p.m.  AREA-8419-NCS1 $35
May 20-June 17  Plattsmonth, SER  Th  8:30-9:30 a.m.  Brannan  AREA-8419-PLSH $35
May 20-June 17  NE City, AWC, Group X  T Barr  12:10-12:55 p.m.  AREA-8419-NCSJ $35

Chair Yoga
Learn modified yoga poses seated in a chair.

Keyword: Yoga
April 13-May 11  NE City, AWC, Group X  T Carlson  9:45-10:30 a.m.  AREA-8418-NCS $35
May 18-June 15  NE City, AWC, Group X  T Carlson  9:45-10:30 a.m.  AREA-8418-NCSD $35

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

Check out all classes offered at www.southeast.edu/NebraskaCityLC
Find us on Facebook at www.facebook.com/SCCLearningCenteratNebraskaCity
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.

Bringing to class: water bottle and hand towel. Wear comfortable clothing, suitable for working out. Dance shoes not required.

**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.

**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.

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<tr>
<th>Location Key</th>
<th>Keyword: Stretch</th>
<th>Keywords: Sculpting, Stretch</th>
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<td>NE City, AWC</td>
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**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.

**Location Key**
NE City, AWC, Group X, Ambassador Wellness Center, 1240 N. 19th St.
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.

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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 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.

Social Security Number or SCC Student ID Number | Birth Date | Name: Last | First | Middle Initial | State | Zip | County |
---|---|---|---|---|---|---|---|
Residence Mailing Address | City | Cell Phone | Email Address | Cell Phone | I identify as: | q Male | q Female | q Nebraska Resident | q Non-Resident | Ethnicity (select one): | q Hispanic or Latino | q Not Hispanic or Latino | Race (Select one or more): | q White | q Asian | q Native Hawaiian/Other Pacific Islander | q American Indian/Alaska Native | q Black/African-American |

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**SIGNATURE**

**Today's Date**

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Would you like a receipt mailed to you?  

| q Yes | q No |

**TOTAL DUE**

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**SCC Staff Tuition Waiver**

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**FOR OFFICE USE ONLY**

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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 course selected; (2) that should I officially drop, cancel, or withdraw, any refund in tuition will be determined by the date I submit this form and the refund procedures at the College; (3) that the course information contained herein is correct as stated and, if any changes or errors, legal name, address, residence, etc., must follow the College procedures in the Student Handbook and College Catalog; (4) that 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. Requests 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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301 S. 68th St. Place, Lincoln, NE 68510
402-437-2700 • 800-828-0072 • FAX 402-437-2703
www.southeast.edu/continuing